



# DISCOVERING CAREERS

## Sports





## Sports

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# Sports

Ferguson  
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## **Discovering Careers: Sports**

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# CONTENTS



Introduction .....	1
Athletes.....	5
Athletic Trainers .....	11
Dancers.....	16
Fitness Experts.....	21
Groundsmanagers and Groundskeepers .....	27
Jockeys.....	32
Lifeguards .....	38
Physical Therapists .....	42
Recreation Workers.....	47
Recreational Therapists.....	51
Sports Agents.....	55
Sports Broadcasters and Announcers .....	60
Sports Coaches.....	66
Sports Photographers.....	72
Sports Physicians .....	76
Sports Scouts .....	81
Sports Statisticians.....	85
Sportswriters .....	89
Stunt Performers .....	93
Umpires and Referees.....	98
Glossary.....	105
Browse and Learn More .....	108
Index.....	113



# Introduction



**Y**ou may not have decided yet what you want to be in the future. And you don't have to decide right away. You do know that right now you are interested in sports and athletics. Do any of the statements below describe you? If so, you may want to begin thinking about what a career in sports might mean for you.

- ☐ Physical education is my favorite subject in school.
- ☐ I play on a sports team (baseball, basketball, soccer, hockey, football, etc.).
- ☐ I compete in individual sports (track, tennis, gymnastics, skating, swimming, etc.).
- ☐ I regularly watch sports events on television or the Internet.
- ☐ I read the sports section of the newspaper.
- ☐ I take dance/aerobics classes.
- ☐ I am interested in physical fitness and health.
- ☐ I like to take photographs at sporting events.
- ☐ I know a lot of sports trivia.
- ☐ I know the rules and regulations for several games and sports.
- ☐ I enjoy all kinds of competition.
- ☐ I am interested in human anatomy and physiology.
- ☐ I like to take risks and face physical challenges.
- ☐ I like to talk about sports with my friends.
- ☐ I like to write about sports for the school paper or a blog.
- ☐ I like helping the groundskeeper at school care for the athletic fields.

*Discovering Careers: Sports* is a book about careers in sports, from athletes to umpires. Some people in sports-related careers help us keep physically fit and healthy. Others entertain us by playing team or individual sports. Some educate and inspire athletes and non-athletes alike through coaching, teaching, broadcasting, or sports writing.

This book describes many possibilities for future careers in sports and athletics. Read through it and see how different sports careers are connected. For example, if you are interested in physical fitness and health, you will want to read the chapters on Athletic Trainers, Dancers, Fitness Experts, Physical Therapists, Recreational Therapists, and Sports Physicians. If you have a creative side, you will want to read the chapters on Sports Broadcasters and Announcers, Sports Photographers, and Sportswriters. If you are interested in working in a support position for a professional sports team, you will want to read the chapters on Sports Coaches and Sports Scouts. Go ahead and explore!

## **What Do People in Sports Do?**

The first section of each chapter begins with a heading such as “What Athletes Do” or “What Fitness Experts Do.” It tells what it’s like to work at this job. It describes typical responsibilities and assignments. You will find out about working conditions. Which careers involve playing or performing in front of a crowd? Which ones involve working behind the scenes in gyms or practice rooms? What tools and equipment are used? This section answers all these questions.

## **Education and Training**

This section tells you what classes and education you need for employment in each job—a high school diploma, training at a junior college, a college degree, or more. It also talks about on-

the-job training that you could expect to receive after you're hired and whether or not you must complete an apprenticeship program.

## Earnings

This section gives the average salary figures for the job described in the chapter. These figures provide you with a general idea of how much money people with this job can make. Keep in mind that many people really earn more or less than the amounts given here because actual salaries depend on many different things, such as the size of the company, the location of the company, and the amount of education, training, and experience you have. Generally, but not always, bigger companies located in major cities pay more than smaller ones in smaller cities and towns, and people with more education, training, and experience earn more. This also applies to sports team. Teams at the professional level pay more to their workers than teams at the amateur or minor-league levels. Also remember that these figures are current averages. They will probably be different by the time you are ready to enter the workforce.

## Outlook

This section discusses the employment outlook for the career: whether the total number of people employed in this career will increase or decrease in the coming years and whether jobs in this field will be easy or hard to find. These predictions are based on economic conditions, the size and makeup of the population, foreign competition, and new technology. Terms such as “faster than the average,” “about as fast as the average,” and “more slowly than the average,” are terms used by the U.S. Department of Labor to describe job growth predicted by government data.

Keep in mind that these predictions are general statements. No one knows for sure what the future will be like. Also

remember that the employment outlook is a general statement about an industry and does not necessarily apply to everyone. A determined and talented person may be able to find a job in an industry or career with the worst kind of outlook. And a person without ambition and the proper training will find it difficult to find a job in even a booming industry or career field.

## For More Info

Each chapter includes a sidebar called “For More Info.” It lists organizations that you can contact to find out more about the field and careers in the field. You will find names, addresses, phone numbers, email addresses, and Web sites.

## Extras

Every chapter has a few extras. There are photos that show workers in action. There are sidebars and notes on ways to explore the field, fun facts, profiles of people in the field, tips on important skills for success in the field, information on work settings, lists of Web sites, and other resources that might be helpful.

At the end of the book you will find three additional sections: “Glossary,” “Browse and Learn More,” and “Index.” The Glossary gives brief definitions of words that relate to education, career training, or employment that you may be unfamiliar with. The Browse and Learn More section lists sports-related books, periodicals, and Web sites to explore. The Index includes all the job titles mentioned in the book.

It’s not too soon to think about your future. We hope you discover several possible career choices. Happy hunting!



# Athletes



## What Athletes Do

You are already an athlete if you play sports on school teams, at recess, or with the kids on your block after class. You are also an athlete if you enjoy running, playing golf, or simply staying fit by exercising. But there are another type of athletes who play sports as their job. They are known as *professional athletes*.

Professional athletes are the top players in their sports. Some athletes play individual sports in which one person plays, or competes, against another. Individual sports include tennis and golf. Other athletes play team sports, such as football, basketball, baseball, soccer, and hockey. There are some sports that are both individual and team efforts. Two examples are gymnastics and wrestling. In these sports, athletes often compete individually toward a total team score.

To prepare for sporting events, professional athletes practice for hours each day. Sometimes they even practice year round. In addi-



### EXPLORING

- Start playing sports as much and as early as possible. Most junior high and high schools have well-established programs in team and individual sports.
- Participate in community sports programs, such as those offered by your local YMCA/ YWCA or park district.
- Follow the careers of athletes in the sport you want to play. Watch them play and study their technique and style.
- Read biographies of athletes you admire to find out how they started out and how they became professionals.

tion, they train and exercise their bodies to increase their strength, speed, coordination (the ease which you move your body), and endurance (your ability to not get tired when exercising). They work with coaches, instructors, managers, and other athletes.

Successful professional athletes have much more than just athletic talent. From the time they were young, they were willing to work very hard to build and improve their skills. They never quit trying no matter how many times they failed in their sport or were told they wouldn't make it to the professional level.

All professional athletes must travel to play or compete. Baseball, basketball, football, and hockey players compete in stadiums all over the United States and Canada. Tennis players and soccer teams travel all over the world. Some athletes like traveling. They get to see new places and meet new people. Other athletes don't enjoy traveling as much because they miss their families or for other reasons.

Athletes play both indoors and outdoors. For example, basketball players play indoors in comfortable temperatures. Baseball players may have to play in very hot or very cold weather, but they do not play in heavy rain. Football players often compete outdoors in all kinds of weather, including below-zero temperatures.

Crowds, or spectators, act differently depending on the sport. The crowds at baseball and football games are often very loud. They get excited and cheer loudly for their teams. At tennis and golf matches, on the other hand, spectators are expected to stay quiet.

Professional athletes work for private and public ownership groups throughout the United States and Canada. At the highest male professional level, there are 32 National Football League franchises, 30 Major League Baseball franchises, 30 National Basketball Association franchises, 30 National Hockey League franchises, and 15 Major League Soccer franchises. The Women's National Basketball Association has 13 franchises. Professional athletes also compete in leagues in foreign countries.

## DID YOU KNOW?

Here are the top 25 athletes of the 20th century, as selected by ESPN as part of its SportsCentury retrospective:

- Michael Jordan (basketball)
- Babe Ruth (baseball)
- Muhammad Ali (boxing)
- Jim Brown (football)
- Wayne Gretzky (hockey)
- Jesse Owens (track and field)
- Jim Thorpe (track and field/football)
- Willie Mays (baseball)
- Jack Nicklaus (golf)
- Babe Didrikson (track and field/golf)
- Joe Louis (boxing)
- Carl Lewis (track and field)
- Wilt Chamberlain (basketball)
- Hank Aaron (baseball)
- Jackie Robinson (baseball)
- Ted Williams (baseball)
- Magic Johnson (basketball)
- Bill Russell (basketball)
- Martina Navratilova (tennis)
- Ty Cobb (baseball)
- Gordie Howe (hockey)
- Joe DiMaggio (baseball)
- Jackie Joyner-Kersey (track and field)
- Sugar Ray Robinson (boxing)
- Joe Montana (football)

## Education and Training

Each sport has its own training and educational requirements. Successful athletes usually start competing in their sport in junior high or high school. Almost all athletes perform for years as amateurs before they become professionals. As amateurs, they do not receive pay, but they do receive living and training expenses.

In professional team sports, teams get the opportunity to choose, or draft, players. In most individual sports, athletes begin competing when they believe they are good enough to win and meet other requirements.

Most professional athletes have very short careers. For a football player, the average is four years as a professional. It is important that all athletes have some training for another career. A college education helps athletes improve their skills in their



sport and play in front of talent scouts. It also prepares them for other careers when their professional sports careers are over.

## Earnings

Earnings for professional athletes vary according to the skill of the player and the sport played. For example, Major League Baseball players earn salaries that range from \$400,000 to more

## Helping Hands: Dikembe Mutombo

Dikembe Mutombo is a star athlete who wants to make a difference in the world. The eight-time National Basketball Association (NBA) All-Star is using his wealth to make his native country, the Democratic Republic of Congo (DR Congo), a better place. DR Congo is located in central Africa. Many people who live there are very poor. They do not have modern hospitals like we do in the United States. As a result, many people who live there are not healthy. Many children die before they reach the age of five. The average life expectancy is only 54 years. People in the United States live to the age of 78 on average.

Mutombo decided that his country needed a top-quality hospital. He donated about \$15 million toward the \$29 million cost of building a 300-bed modern hospital in Kinshasa, the nation's capital city. On July 17, 2007, the Biamba

Marie Mutombo Hospital and Research Center was dedicated and now serves the people of DR Congo.

Donating \$15 million might be enough for some people—but not for Dikembe Mutombo. His foundation has funded the construction of computer labs in DR Congo, opened dormitories for disadvantaged youths in South Africa, led the fight to stop global AIDS and poverty, and performed many other charitable acts.

Mutombo has received many awards for his work, including being inducted into the World Sports Humanitarian Hall of Fame in 2007. Dikembe Mutombo has proven that he is a star on and off the court.

Sources: World Sports Humanitarian Hall of Fame, Dikembe Mutombo Foundation Inc., *CIA World Factbook*



*The Seattle Storm's Sue Bird drives past Sacramento Monarchs' Kara Lawson during a WNBA basketball game. (Elaine Thompson, AP Images)*

## FOR MORE INFO



If you are interested in becoming a professional athlete, contact the professional organization for the sport in which you would like to compete, such as the Professional Golfers' Association of America, Major League Baseball, and the National Football League.

For information on opportunities for women in sports, contact

**National Association for Girls and Women in Sports**

1900 Association Drive

Reston, VA 20191-1598  
800-213-7193, ext. 453  
<http://www.aahperd.org/nagws>

For information on careers in sports and physical education, contact

**National Association for Sport and Physical Education**

1900 Association Drive  
Reston, VA 20191-1598  
800-213-7193, ext. 410  
<http://www.aahperd.org>

than \$20 million a year. National Football League (NFL) teams pay salaries that range from about \$295,000 to more than \$3 million a year. Top NFL players earn \$12 million to \$27 million a year. Golfers may earn between \$12,000 and \$150,000 a year, with top players earning more than \$1 million a year. For every top athlete who earns millions of dollars a year, there are hundreds of athletes who earn less than \$40,000. Professional athletes can earn extra money by endorsing products or making personal appearances.

## Outlook

The number of jobs for professional athletes will not increase greatly. There will continue to be strong competition because only the best athletes can play at the professional level. Athletes can also work as coaches, managers, broadcasters, teachers, or trainers.



# Athletic Trainers



## What Athletic Trainers Do

If you play sports long enough, you might end up spraining your ankle, straining a muscle, or hurting yourself in another way. But when you hurt, or injure, yourself, an *athletic trainer* is usually nearby to help you.

Athletic trainers help athletes stay healthy and avoid injuries. They work with injured athletes to get them back into competitive shape. The professional athletic trainer may work with a team of physicians, physical therapists, and dietitians to plan a program of health maintenance for team athletes. Their main goal is to help athletes stay competitive and fit. The trainer's program includes exercise, weight lifting, relaxation techniques, and a controlled diet (healthy foods that will make them strong).

If an athlete is injured, the trainer is in charge of treating the injury and helping the athlete get better. Athletic trainers work with physicians and coaches to decide if the athlete should continue to play or not. Where the athlete is to compete, how important the event, and how serious the injury are all factors in the decision. For example, a trainer may decide to let a runner continue training with a sprained ankle if the Olympics trials are days away. If there is only a small competition coming up, the trainer may advise the athlete to take a few weeks off to recover. The trainer designs a series of exercises that rebuild strength without hurting or straining the injured area.





## EXPLORING

- Learn about nutrition and how diet affects both physical performance and mental stamina.
- Participate in school and community sports programs.
- Take classes in first aid and CPR. Check with your local American Heart Association or Red Cross chapter for course schedules.
- Participate in physical fitness programs offered by your YMCA/YWCA, park district, or local gym. Try different types of training, including aerobics, weight training, and stretching.
- Talk to an athletic trainer about his or her career. Ask the following questions: What are your main and secondary job duties? What do you like least and most about your job? How did you train for this field? What advice would you give a young person who is interested in the field?

Athletic trainers work hard to prevent injuries. They recommend running, stretching, weight lifting, and other exercise programs to help athletes stay in good physical shape and make their bodies stronger. Athletic trainers may also design workout programs to strengthen weaker body parts, such as ankles and elbows. These programs help reduce the likelihood of injury.

Trainers also treat minor injuries, such as cuts and bruises, during competition. They use ice, bandages, and other first aid to reduce swelling and help athletes cope with pain. For more serious injuries, such as a bad sprain or broken bone, trainers make sure that the athletes receive proper medical attention.

Trainers use hot baths, massage, whirlpool treatments, wrapping injured areas, and other techniques to speed the athlete's recovery.

## Education and Training

To become an athletic trainer you need to graduate from high school. Then you need to earn a bachelor's degree in physical education, physical therapy, or another area related to health care. In addition, trainers should take courses in first aid, anatomy, nutrition, and physical therapy. They should also take general courses in health and the sciences, especially biology and chemistry.

Athletic trainers may need a master's or higher degree to work for colleges and universities and other employers. Those who are employed at high schools may also work as teachers. In this instance, they would also need a teaching certificate or license and be required to take some education-related courses.

### DID YOU KNOW?

#### Where Athletic Trainers Work

- Secondary schools
- Colleges and universities
- Professional sports teams
- Hospitals, clinics, physician offices, and sports medicine clinics
- Industrial settings
- Performing arts
- Military
- Law enforcement
- Corporate health programs

Source: National Athletic Trainers' Association

## Earnings

The U.S. Department of Labor reports that athletic trainers earned median salaries of \$38,360 in 2007. Those just start-

### Tips for Success

To be a successful athletic trainer, you should

- have a good understanding of the makeup of the human body
- be organized
- not be afraid to encounter blood, broken bones, or other wounds
- be calm and decisive during tense situations
- have strong communication skills





*An athletic trainer and coach assist a high school football player who is suffering from leg cramps. (Tom Bushey, The Image Works)*

ing out in the field made \$23,430 or less. Top athletic trainers earned more than \$60,180. Athletic trainers who work for professional sports teams earn much higher salaries.

Some trainers work all year. Others work only during the playing season. Trainers who work for schools usually earn a teacher's salary plus an additional amount for their training duties.

## Outlook

Sports are becoming more popular all the time. As a result, there should be a need for more athletic trainers. However,

## FOR MORE INFO



To learn more about sports medicine, contact

**American College of Sports Medicine**

PO Box 1440

Indianapolis, IN 46206-1440

<http://www.acsm.org>

For career information and a list of accredited athletic training programs, contact

**National Athletic Trainers' Association**

2952 Stemmons Freeway

Dallas, TX 75247-6113

214-637-6282

<http://www.nata.org>

many people want to become athletic trainers, so those with the best education and training will have the best chance of finding a job. It is extremely difficult to land a job with a professional sports teams. A master's degree is usually required to gain these top positions.

Since it is so difficult to land a job with a professional sports team or a college program, many athletic trainers seek jobs at the high school level. It is much easier to land a job at this level—especially if trainers have other skills that make them more employable. For example, the athletic trainer wishing to work with high school athletes who also can teach biology, math, physical education, or other school subjects most likely will find a position sooner than the candidate with only a background in athletic training. Since budgets are tight, school boards are always looking for people who can do two jobs for the price of one.



# Dancers

## What Dancers Do

*Dancers* use body movements to tell a story, express an idea or feeling, or entertain their audiences. Most dancers study some ballet or classical dance. *Classical dance* training gives dancers a good foundation for most other types of dance. Many of the standard dance terms used in all types of dance are the same terms used in 17th-century ballet, a type of dancing performed for audiences in theatres.

*Modern dance* developed early in the 20th century as a departure from classical ballet. Early modern dancers danced barefoot and began to explore movement and physical expression in new ways. *Jazz dance* is a form of modern dance often seen in Broadway productions. *Tap dance* combines sound and movement as dancers tap out rhythms with metal cleats attached to the toes and heels of their shoes. *Acrobatic dance* is a style of dance that is characterized by difficult gymnastic feats.

*Ballroom dance* involves social dances such as the waltz, fox trot, cha-cha, tango, and rhumba. *Ethnic or folk dance* is performed by members of a particular cultural group, such as Chinese or Mexicans. Ethnic dancers do not have formal training in dance. This type of dance is based on traditions that could be hundreds of years old.

Dancers who create new ballets or dance routines are called *choreographers*. They know how to use movement and music to tell a story, create a mood, express an idea, or celebrate movement itself. Since dance is so closely related to music, choreographers must know about various musical styles and rhythms

(the pattern of a song or musical work). They often hear a piece of music first and then choreograph a dance to match it.

*Dance directors* are experienced dancers and choreographers who train other dancers in performing a new production. They are also known as *dance masters* or *rehearsal directors*.

## Education and Training

Dancers usually begin training around the age of 10. Some begin even as early as age seven or eight. They may study with private teachers or in ballet schools. Dancers who show promise in their early teens may receive professional training in a regional ballet school or a major ballet company. By the age of 17 or 18, dancers begin to audition, or try out, for positions in professional dance companies.

Many colleges and universities offer degrees in dance with choreography classes. Although a college degree is not required for dancers, it can be helpful. Those who teach dance in a college or university often are required to have a degree.

## Earnings

The U.S. Department of Labor reports that the median salary for dancers was \$22,298 in 2007. The lowest-paid 10 percent earned \$14,914 or less, while the highest-paid 10 percent earned \$58,261 or more.



## EXPLORING

- Take as many dance classes as you can. Try different types of dance.
- There are many videos available that teach you ballet, tap, and ballroom dancing. It is best, though, to study with a teacher who can watch you and help you do the movements correctly. This way, you don't develop bad habits or injure yourself.
- Once you have learned some dance techniques, begin to give recitals and performances.
- Audition for school or community stage productions that have dance numbers.
- Watch as many famous dance-oriented movies (*Singin' in the Rain*, *42<sup>nd</sup> Street*, *A Chorus Line*, *Staying Alive*, *Footloose*, or *Chicago*) as you can. Note what you like and dislike about the styles of dance and choreography.



## Words to Learn

**choreography** preplanned arrangement of movement created for a specific dance piece.

**clarity** the ability to perform each move in a dance clearly.

**five positions** the fundamental positions that form the starting points of most dance movements.

**recital** a formal performance before an audience.

**style** a unique, but regular, way of doing something.

**technique** the basic vocabulary of any given style of dance. Ballet, jazz, and other styles of dance all have their own techniques.

## Profile: Twyla Tharp (1941– )

Dancer and choreographer Twyla Tharp is known for her imaginative works that combine modern and traditional dance movements. *Eight Jelly Rolls*, *Push Comes to Shove*, and *Bach Partita* are some of her works.

Tharp was born in Portland, Indiana. She studied music and dance as a child. While attending Barnard College in New York City, she studied dance with famous dancers Merce Cunningham, Martha Graham, and others.

Tharp first danced professionally with the Paul Taylor Dance Company, 1963–65. She formed her own company in 1965 and also choreographed dances for the Joffrey Ballet, American Ballet Theatre, and other dance companies. She choreographed the motion pictures *Hair* and *Amadeus*. She directed and choreographed the Broadway musical *Singin' in the Rain*. Visit <http://www.twylatharp.org> to learn more about her career.





## FOR MORE INFO

For information on all aspects of dance, contact

### **American Dance Guild**

<http://americandanceguild.org>

For information on approved schools and a helpful FAQ section for students, visit the association's Web site.

### **National Association of Schools of Dance**

11250 Roger Beacon Drive, Suite 21  
Reston, VA 20190-5248  
703-437-0700  
[info@arts-accredit.org](mailto:info@arts-accredit.org)  
<http://nasd.arts-accredit.org>

Contact the NDA for information on a variety of dance-related topics.

### **National Dance Association (NDA)**

c/o American Alliance for Health, Physical Education, Recreation & Dance  
1900 Association Drive  
Reston, VA 20191-1598  
800-213-7193, ext. 464  
<http://www.aahperd.org/nda>

Visit *Dance Magazine's* Web site to read abstracts of articles that appear in the print version and college and career planning resources.

### **Dance Magazine**

<http://www.dancemagazine.com>

Because of the lack of steady, well-paying work, many dancers must find other ways to make money by working at other jobs. Possibilities include teaching dance, working several part-time dance jobs, or going outside the field for work.

## Outlook

Employment for dancers will grow about as fast as the average for all careers, according to the U.S. Department of Labor. Despite this prediction, it is very difficult to get a good job in this field. Very few dancers work year round. More than half the dance companies in the United States are in New York

City, which means the majority of dancers live there. There are opportunities in other large cities where there are dance companies and theater companies. Dancers also work in film and television, too.

Dance is increasingly being used for recreational and fitness purposes. This suggests that there will be increasing opportunities for dance teachers in coming years.

# Fitness Experts



## What Fitness Experts Do

*Fitness experts* teach people how to exercise, eat right, and have a healthy lifestyle. Everyone has different fitness needs, so experts must design programs specially for each person's needs. Even when they teach classes, they must plan programs that will meet the needs of people at different levels of health and fitness. For example, they would create a more challenging exercise plan for a young person like you as opposed to one for an elderly person or someone who is recovering from surgery.

There are two main types of fitness experts: *aerobics instructors* and *personal trainers*.

Aerobics instructors teach aerobic dance and aerobic step classes. The term aerobic refers to the body's need for oxygen during exercise. Aerobic exercise strengthens the heart and cardiovascular (blood) system.

### EXPLORING

- Visit a health club, park district, or YMCA/YWCA aerobics class to watch fitness trainers and aerobics instructors at work.
- Sign up for an aerobics class or train with a fitness trainer to learn firsthand what their jobs are like.
- Participate in school sports.
- Join local athletic clubs or start one yourself. Get a group of friends together to run or ride bikes at a regular time each week. Measure your fitness progress.
- Learn about nutrition and practice good eating habits.



*A personal trainer offers advice to her client on the proper use of hand weights. (Bob Daemmrich, The Image Works)*

Aerobics instructors sometimes teach special groups, such as the elderly or those with injuries or illnesses that affect their ability to exercise. They also teach those who are healthy, but who want to stay fit. Aerobics instructors use lively exercise routines set to music that can be changed to fit the needs of each individual class.

A typical class starts with warm-up exercises, or slow stretching movements that get the blood moving and increase flexibility. After the warm-up are about 30 minutes of nonstop activity to increase the heart rate. The class ends with a cool-



## The Keys to Successful Exercise

The American Council on Exercise says that there are three main components to a “safe and effective” fitness program. They are:

1. **Aerobic Exercise.** This can consist of weight-bearing activities such as running, jumping rope, or walking or non-weight bearing activities such as bicycling or swimming. Experts advise three to five days of aerobic exercise a week for most people.
2. **Strength Conditioning.** This can include free weights, calisthenics, or workouts using weight machines. The key is to find activities that will exercise every major muscle group in your body.
3. **Stretching for Flexibility.** This involves “holding a mild stretch for 15 to 30 seconds” while breathing normally. When you stretch, be sure to exercise all the major muscles in your body.

down period of stretching and slower movements.

Personal trainers help health-conscious people with exercise, weight training, weight loss, diet, and medical rehabilitation programs. Personal trainers are sometimes called *fitness trainers*. During one training session, or over a period of several sessions, trainers teach their clients how to meet their health and fitness goals. They may train in the homes of their clients, their own studio spaces, or in health clubs.

Fitness experts are expected to be physically fit, but they do not have to be in

## DID YOU KNOW?

### Where Fitness Experts Work

- Athletic clubs
- Rehabilitation centers
- Community centers
- Churches and other religious organizations
- Health clubs
- Park or recreation districts
- Companies

perfect shape. They should have endurance in order to provide a good example during long exercise sessions. Fitness experts should have good communication skills in order to teach their students about fitness, health, and new exercises. They should have a pleasant personality, but also be able to encourage their classes or clients to reach their highest potential. Good organizational skills will help fitness experts keep track of class schedules, payments, and other important business-related details.

## Education and Training

If you're interested in health and fitness, you are probably already taking physical education classes and involved in sports activities. It's also important to take health classes and courses like home economics, which offer lessons in diet and nutrition. Business courses can help you if you plan to run your own personal training service. Science courses such as biology, chemistry, and physiology are important because they will help you understand muscle groups, food and drug reactions, and other concerns of exercise science.

Most fitness experts have a high school diploma. Many now have college degrees. A college major in either sports physiology or exercise physiology will help if you want to advance in the field. Fitness experts also must be certified in CPR.

Workshops and adult education courses at such places as the YMCA/YWCA will help you gain experience. Unpaid apprenticeships are a good way to get supervised experience before you teach classes on your own.

## Earnings

Aerobics instructors are usually paid by the class, and start out at about \$15 per class. Experienced aerobics instructors can earn up to \$50 or \$60 per class.

## FOR MORE INFO



For information on careers, contact  
**Aerobics and Fitness Association of America**

15250 Ventura Boulevard, Suite 200  
Sherman Oaks, CA 91403-3215  
<http://www.afaa.com>

For more information about careers in fitness, contact

**American Council on Exercise**

4851 Paramount Drive  
San Diego, CA 92123-1449  
888-825-3636

[support@acefitness.org](mailto:support@acefitness.org)  
<http://www.acefitness.org>

For information about the fitness industry in general, and personal training specifically, contact

**IDEA Health and Fitness Association**

10455 Pacific Center Court  
San Diego, CA 92121-4339  
800-999-4332

[contact@ideafit.com](mailto:contact@ideafit.com)  
<http://www.ideafit.com>

The IDEA Health and Fitness Association reports that the average hourly rate for personal trainers is \$41. Hourly fees ranged from less than \$20 to \$70 or more. The U.S. Department of Labor reports that in 2007 the median annual salary for fitness trainers, which includes personal trainers, was \$27,680.

## Outlook

People in the United States are becoming more interested in health and fitness. As a result, fitness experts should have good opportunities in coming years. The number of elderly people in the United States is growing. This will create a need for aerobics instructors to work in retirement homes. Many large businesses will also hire instructors and trainers to help keep their employees healthy. There is also more demand for personal trainers. People enjoy the convenience of being able



to work out with a personal trainer at any time of the day depending on their schedules. Some personal trainers are even beginning to work with clients in their own homes or for corporations. In the future, people will continue to be too busy with work and other responsibilities to exercise. This should ensure that fitness experts will continue to be needed in the future.

# Groundsmanagers and Groundskeepers



## What Groundsmanagers and Groundskeepers Do

*Groundsmanagers* supervise the operation and maintenance of a wide variety of public and private sites, including golf and country clubs and sports playing fields. *Groundskeepers* are unskilled manual laborers who assist groundsmanagers.

Within the sports industry, groundsmanagers and their crews work to keep playing fields, as well as the property surrounding facilities, ready for use. Crews are hired to keep natural and artificial turf in top condition. In addition to the initial installation of the turf and its drainage system (which removes water from the field), groundsmanagers also have daily maintenance duties. These include mowing, fertilizing (adding chemical and natural nutrients to the soil), and aerating the fields (punching holes in the ground to allow oxygen, water, fertilizers, and other nutrients to



### EXPLORING

- Contact professional sports teams, lawn care companies, nurseries, botanical gardens, and professional landscapers in your area to set up interviews with workers who will be able to answer your career questions.
- Volunteer or apply for a part-time job at nurseries, public gardens, parks, and recreation offices.
- Apply to the golf course in your area for a position on the groundskeeping crew.
- Help your parents care for your lawn and yard.

## Join Up

If you are between the ages of five and 22, you might want to join the National Junior Horticultural Association. The association offers horticulture-related projects, contests, and other activities. Visit <http://www.njha.org> for more information.

get into the soil). Also, they may need to apply chemicals to kill weeds and pests. Groundsmanagers and groundskeepers must also vacuum and disinfect artificial turf after a sporting event so that harmful bacteria won't grow and destroy the turf or harm the players who compete on the field. In addition, the cushioning pad beneath the artificial turf must be replaced periodically. At professional arenas, the grounds crew also paints goal and foul lines as well as team names and logos.

*Golf course superintendents* oversee the maintenance of golf courses and their associated properties. The associated property includes the golf course, practice areas, golf carts, clubhouse grounds and landscaping, tennis courts, swimming pools, open spaces, and wooded areas, among others. To do all these maintenance tasks, golf course superintendents interview, hire, train, direct, and supervise a staff of employees. Staff members may include equipment managers, equipment mechanics, horticulturists, foremen, office assistants, irrigation specialists, chemical technicians, equipment operators, and groundskeepers.

Some crews work year-round to ensure that playing fields and other grounds are in good shape. Depending on the region of the country, the groundsmanager might hire extra groundskeepers during busy periods and cut back on staff during the slower months. Grounds crew who maintain professional sports fields are very busy during the playing season. They also are responsible for maintaining or protecting the playing surface in the off-season. Groundsmanagers and groundskeepers also care for practice fields and facilities. An example of these would be the playing fields used by baseball teams during spring training in Arizona and Florida.

To be a successful groundsmanager, you should be very organized, be able to communicate well with others, have leadership

## **What Golf Course Superintendents Do**

Here is a breakdown of the duties of the average golf course superintendent.

Golf course maintenance tasks: 36.4 percent

Business management tasks: 28.3 percent

Staff management tasks: 28 percent

Other tasks: 7.3 percent

Source: Golf Course Superintendents  
Association of America

skills, and be able to work under deadline pressure. Groundskeepers must be able to follow directions and have good communication skills. They must also have responsible personalities since they are often assigned tasks and then asked to work without direct supervision.

## **Education and Training**

There are no minimum educational requirements for entry-level jobs in groundskeeping, though some companies do prefer to hire high school graduates. Jobs that deal with the use of pesticides, fungicides, and other chemicals will require a high school diploma. In school, you should take classes in agriculture, biology, chemistry, and earth science.

If you hope to get a position as a manager, it would be wise to earn a college degree. Many groundsmanagers have a bachelor's degree in grounds management, horticulture, agronomy (soil management), or other related fields. Helpful courses include business, management, public relations, budgeting, and envi-

## FOR MORE INFO



For information on golf and sports turf careers, contact

**American Society for Horticultural Science**

113 South West Street, Suite 200  
Alexandria, VA 22314-2851  
703-836-4606  
<http://www.ashs.org>

For information on golf course management careers and approved education programs, contact

**Golf Course Superintendents Association of America**

1421 Research Park Drive  
Lawrence, KS 66049-3859  
800-472-7878  
[infobox@gcsaa.org](mailto:infobox@gcsaa.org)  
<http://www.gcsaa.org>

For information on grounds management, contact

**Professional Grounds Management Society**

720 Light Street  
Baltimore, MD 21230-3816  
410-223-2861  
[pgms@assnhqtrs.com](mailto:pgms@assnhqtrs.com)  
<http://www.pgms.org>

For industry information, contact

**Sports Turf Managers Association**

805 New Hampshire, Suite E  
Lawrence, KS 66044-2774  
800-323-3875  
<http://www.stma.org>

ronment. Most golf course superintendents have a bachelor's degree in agronomy or horticulture or a two-year degree in a turfgrass management program.

Most entry-level positions offer on-the-job training. Some states require workers who work with herbicides and pesticides to take an examination on the proper application of such chemicals.

## Earnings

Groundsmanagers earn salaries that range from \$25,000 to \$65,000. Those who work for professional sports teams have

higher earnings. Groundskeepers earn much lower salaries—about \$16,000 to \$35,000 a year.

The average base salary for golf course superintendents was \$73,766 in 2006, according to the Golf Course Superintendents Association of America. Assistant golf course superintendents earned an average of \$37,032.

## Outlook

Professional sports arenas, stadiums, and fields, as well as the athletes who play in these venues, make a lot of money. The appearance of a playing field is extremely important to the team and the community that supports it. Fans and sports management alike take great pride in the way their baseball stadium looks, for example, when it is televised in a national broadcast. Groundsmanagers and their crews will always play an important role in maintaining a sports team's image.

The number of new golf courses being planned has slowed in recent years. Some golf courses have even closed. With fewer golf courses, it will be harder for golf course superintendents to get a job. Those with experience, a college education, and a desire to learn throughout their careers will have the best job prospects. Also, job opportunities exist outside the United States if you are willing to relocate.





# Jockeys

## What Jockeys Do

*Jockeys* are athletes who train and ride horses in competitions. Many work as independent contractors who ride for different barns, trainers, and owners. There are nearly 100 race tracks

throughout the United States. Jockeys also compete in foreign countries. In quarter horse and obstacle racing, jockeys guide the horses while sitting in a saddle. In harness racing, jockeys sit in special carts, using the reins to steer their horse to victory.

It takes years of practice, hard work, and racing experience for a jockey to learn how to move and control a horse during a race. Jockeys work with the horse's owner, trainer, groom, and exerciser to prepare the horse for competition. They work to increase the horse's racing strengths and try to correct any of its weaknesses. Special drills or exercises help build the horse's stamina and develop a final "kick" or burst of speed that will help the horse

### EXPLORING

- **Get used to being around horses. Volunteer at a stable or take riding lessons. Some stables need part-time and full-time help, depending on the season and location. Many larger facilities offer positions where you can clean stalls, feed and groom horses, and maintain stables.**
- **4-H Clubs offer good opportunities to get involved with the care, grooming, and sport of horses.**
- **Talk to a jockey about his or her career.**

near the end of a race. Jockeys and trainers also run the horses through practice races of different lengths and routes.

Being in top shape gives jockeys an edge over their competitors. Weight is important because the lighter the rider, the faster the horse can run. Most jockeys weigh 125 pounds or less. They must be physically and mentally strong in order to control their powerful, spirited horses. Jockeys are outstanding riders. They must be able to cope with a nervous, frightened, or high-spirited horse. And because weather can vary greatly on a race day, jockeys need to be able to “read” the track through a driving rain or on a dry and dusty day. This helps them guide their horses and win races.

On race day, each jockey wears a cap, breeches, boots, and a colorful blouse in the special colors of the horse’s owner. These colorful shirts are made from silk, and for this reason, are known as the jockey’s silks. Before each race the jockeys are weighed with their saddles so track officials can be certain each horse is carrying its assigned weight. Jockeys get on, or mount, their horses. Then they are called by a bugle to begin moving in a single-file line toward the starting gate, or post. The race begins

### **Funny Horse Names**

People often come up with funny or interesting names for their horses. Here are just a few:

<b>Fool Me Not</b>	<b>Silver Spoon</b>
<b>Golden Lassie</b>	<b>Battleship</b>
<b>Seabiscuit</b>	<b>Peter Pan</b>
<b>Watamichoppedliver</b>	<b>Needles</b>
<b>Man o’ War</b>	<b>Aloha Friday</b>



when the jockeys and horses are in position in their individual stalls at the starting gate. The official presses a button that rings a bell and opens the gate, and the horses bolt out.

During the race, jockeys use quick reflexes and knowledge of pacing to make split-second decisions. Their goal is to get their horse into a better position by making moves and passes. Most horses have a particular style of racing. Some are better at the beginning of a race, while others are known for a strong finish. It is up to jockeys to use their horses' strengths to win (first place), place (second place), or show (third place) in the race.

## Helping Hands: Willie Shoemaker (1931–2003)

Willie Shoemaker was one of the most popular and successful jockeys in the history of Thoroughbred horse racing. He won 8,833 races during his 40-year career—a record that lasted until 1999, when it was broken by Laffit Pincay, Jr. (Pincay's record has since been surpassed by Russell Baze and Jorge Ricardo.) When he was born, Shoemaker only weighed 1 pound, 13 ounces! Doctors didn't think he would live, but Shoemaker eventually grew into a healthy, but small, young man. Shoemaker rode his first race at the age of 17, finishing fifth. He won his third race, riding a horse named Shafter V. Reeve. This started him on a long career in the winner's circle. In 1986, he won the Kentucky Derby for the fourth time—

becoming, at age 54, the oldest jockey to win this renowned race. Shoemaker retired in 1990. He had raced 40,350 times in his long career!

Soon after he retired, Shoemaker faced a major challenge. In 1991, he was partially paralyzed by an auto accident. But despite his health problems, Shoemaker worked as a horse trainer, using a mouth-controlled wheelchair so he could continue working with the horses he loved. He also served as the honorary chairman of the Paralysis Project of America, an organization that seeks to find a cure for paralysis caused by spinal cord injury. Shoemaker continued to be an advocate for the sport until his death in 2003.



*Jockeys compete in a race at the Sha Tin Racetrack in Hong Kong.*  
(Vincent Yu, AP Images)

There are four types of horse racing: Thoroughbred, harness, quarter horse, and obstacle racing. Thoroughbred racing, in which all the horses are of the Thoroughbred breed, is the most popular type. Thoroughbreds must be at least two years old to race. Generally there is no maximum age limit, although some states have an age limit of 12 years.

In harness racing, a driver seated in a lightweight cart, or sulky, is pulled by a Standardbred pacer or trotter. Pacers move both legs on either side of the body in unison. Trotters move diagonally opposite legs in unison (for example, the left front and right rear). Pacers race only against other pacers, trotters only against trotters.

Quarter horses excel in reaching great speeds within short distances, and races are generally one-quarter mile long.

In obstacle racing, which consists of steeplechases and hurdle races, horses race over a course set with jumps and other hazards.

## Education and Training

There are few educational requirements for jockeys, although a high school diploma is helpful. Jockeys can be as young as 16 years old. They must be small, and their height should be in proportion to their weight (usually around 5 feet tall). Jockeys must be master horse riders, and this experience and skill is gained only with years of riding practice.

## Earnings

The best jockeys may earn up to \$1 million a year. But most jockeys earn less than \$100,000 a year. Generally, they receive a percentage of the purse, or overall winnings, in a race, depend-

### Words to Learn

**dead heat** in horse racing, when a tie occurs between two horses at the finish line

**flat race** in horse racing, a race that does not involve jumps

**sulky** in harness racing, a two-wheeled cart that a driver sits on while being pulled by a horse

**turf race** in horse racing, a race that is run on a grass surface

**win, place, show** wagering terms in horse racing for horses that win, come in second, or come in third, respectively

## FOR MORE INFO



For information on thoroughbred racing, contact

**The Jockey Club**

40 East 52nd Street  
New York, NY 10022-5911  
212-371-5970  
<http://www.jockeyclub.com>

For more information about a career as a jockey, contact

**Jockeys' Guild**

103 Wind Haven Drive, Suite 200  
Nicholasville, KY 40356-8026  
[info@jockeysguild.com](mailto:info@jockeysguild.com)  
<http://www.jockeysguild.com>

For biographies of jockeys, a racing glossary, and more, visit the association's Web site.

**National Thoroughbred Racing Association**

2525 Harrodsburg Road, Suite 400  
Lexington, KY 40504-3359  
859-245-6872  
[ntra@ntra.com](mailto:ntra@ntra.com)  
<http://www.ntra.com>

For information about top jockeys, visit

**National Museum of Racing and Hall of Fame**

<http://www.racingmuseum.org>

ing on their agreement with the horse's owner. They have to pay costs for agent, valet, equipment, and travel fees.

## Outlook

Fewer jobs for jockeys will be available in the coming years because the industry has been on the decline. Competition with other sports and forms of gambling has taken dollars away from the industry.





# Lifeguards

## What Lifeguards Do

*Lifeguards* watch over swimming and other activities at beaches, pools, public parks, summer camps, scout camps, health clubs, and private resorts. Many people think lifeguards have an ideal job, especially during the summer months. But the job of a lifeguard is serious business. The safety and lives of the public depend on how well they manage a water area.

Lifeguards watch over beach and pool areas from high towers or chairs. They make sure swimmers and others who are near the water follow safety practices. They see that swimmers do not go too far from shore or become too rowdy. They also enforce local laws and regulations, such as the banning of pets, motorbikes, glass containers, and alcoholic beverages on the beach. Lifeguards use a whistle or megaphone to control swimmers. They also may have the authority to issue misdemeanor citations (a ticket for a lesser criminal act) to those who do not obey the rules.

Lifeguards at lakes and oceans have even more responsibilities. They make sure that speedboats and fishing boats don't enter the swimming zone. Lifeguards at the ocean may work with air patrols to keep swimmers safe. Lifeguards also watch and keep the public aware of strong tides. These tides can pull weak or tired swimmers out to sea. Some beaches use colored disks or flags to alert beach users to dangerous situations. Lifeguards keep track of conditions and place the appropriate disks on a large board and the flags where people can see them.



## EXPLORING

- Take swimming lessons either at school or a community pool. Swim regularly to increase your strength and speed.
- Join the junior lifeguard program of the United States Lifesaving Association. This summer program prepares youths ages nine to 17 for work as lifeguards. Participants learn water and beach safety and first aid techniques. U.S. Ocean Safety also offers a similar program. (See For More Info.)
- Try out for your school's swim team and participate in meets.
- Participate in the American Red Cross GuardStart program. The program prepares 11- to 14-year-olds to take American Red Cross Lifeguarding certification programs and for future work as lifeguards. The GuardStart program helps you build a foundation of knowledge, attitudes, and skills that you will need to be a responsible lifeguard. The program teaches prevention, fitness, response, leadership, and professionalism. To find out about GuardStart programs in your community, contact your local Red Cross chapter.

Lifeguards are specially trained to handle emergencies at their beach or pool. If a swimmer tires or gets a cramp, a lifeguard may use a rope, pole, or flotation device to pull the swimmer to safety. They also may swim to a person who is in trouble and then tow the person to poolside or shore. Lifeguards may use a boat to rescue those who swim out too far or those who are dragged out by a strong current.

Lifeguards are trained in mouth-to-mouth resuscitation and cardiopulmonary resuscitation (CPR). They use these tech-

**DID YOU KNOW?**

The U.S. Lifesaving Association reports that nearly 197 million people attended beaches in 2008. The total number of rescues by lifeguards was 53,480. Lifeguards also provided medical help to 136,454 people and took 890,630 enforcement actions (warnings, citations, and arrests). There were 57 drownings (46 of them in unguarded areas).

niques to revive those who are unconscious or who have stopped breathing. Lifeguards also treat minor injuries such as cuts and bruises, bumps on the head, and sun poisoning.

## Education and Training

To become a lifeguard, you should take classes in physical education, swimming, and health. You must complete a recognized lifeguard course. Many states require lifeguards to have training with the YMCA/YWCA or Red Cross.

To be hired as a lifeguard, you must prove your skill and knowledge in water

## The Standard for Swimming Education

The American Red Cross is a leader in aquatic education for people of all ages and abilities. The organization teaches more than four million people every year in swimming and lifeguarding.

The Red Cross starts off teaching water safety to children six months to five years old. At the age of five, kids can begin the Learn-to-Swim programs, which teach everything from stroke readiness to stroke technique and refinement.

Once they master swimming skills, young people age 15 and older

can participate in lifeguard training. American Red Cross Lifeguard Training teaches:

- Surveillance skills
- Rescue skills
- First-aid training and CPR
- Characteristics and responsibilities of a professional lifeguard, such as how to interact with the public, help people with disabilities, and deal with difficult patrons

## FOR MORE INFO



For information regarding certification, education, or class schedules, contact

**American Red Cross**

2025 E Street, NW  
Washington, DC 20006-5009  
202-303 5000  
<http://www.redcross.org>

For information on careers and its junior lifeguard program, contact

**United States Lifesaving Association**

<http://www.usla.org>

For information on tryouts and its junior lifeguard program, contact

**U.S. Ocean Safety**

34241 Pacific Coast Highway, Suite 106  
Dana Point, CA 92629-3845  
949-276-5050  
<http://www.usos.com>

rescue and first aid. In addition to showing your lifesaving, diving, and rescue ability, you must be able to perform CPR for two minutes on a mannequin. You must also be able to swim 500 yards and tread water for one minute.

## Earnings

Earnings for lifeguards vary throughout the United States. The median hourly salary for lifeguards was \$8.64 in 2007, according to the U.S. Department of Labor. New lifeguards earned \$6.78 or less an hour. Senior lifeguards earn between \$12.91 or more an hour.

## Outlook

There is slow job turnover for lifeguards. Many high school and college students work as lifeguards during their summer vacations and return to work each summer until they graduate. There is a lot of competition for lifeguarding positions because it is an attractive and enjoyable summer job.





# Physical Therapists

## What Physical Therapists Do

*Physical therapists* help people who have been injured or ill to recover and relearn daily living skills, such as walking, eating, and bathing. They work with athletes who have been injured during a game or practice. They work with elderly people who have had accidents or strokes (an illness that occurs when a blood clot blocks an artery or a blood vessel). They also help children who have birth defects or disabilities. Physical therapists feel good when a person they are working with is able to do an activity he or she once did routinely.

### EXPLORING

- Ask your teacher to arrange a visit to a physical therapy department at a hospital to see physical therapists at work.
- Read books on these subjects: massage, occupational therapy, arts therapy, anatomy, and physical therapy.
- Talk to a physical therapist who works in a sports setting about his or her career.



Physical therapists first evaluate new patients to decide what treatment would help them. Physical therapists work as part of a health care team that may include the patient's physician or surgeon, nurse, occupational therapist, and psychologist. After setting treatment goals for the patient, the physical therapist decides which methods to use.

If a patient has muscle damage in a leg, for example, the physical therapist may move the muscle through different motions and watch how the patient stands and



*A physical therapist works with the right leg of a high school athlete who was injured during a 5K race. (Ed Andrieski, AP Images)*

walks to decide whether the patient needs braces or specific exercises. Other treatments often prescribed by therapists include hydrotherapy (the use of water in treatment), paraffin baths, infrared lamps, heating pads, ice, ultrasound, or electrical current.

Depending on the patient's injury or disability, therapy may last a few weeks, months, or even years. Physical thera-



## Physical Therapy Assistants

*Physical therapy assistants* help physical therapists in a variety of techniques, such as exercise, massage, heat, and water therapy. These treatments help restore physical function in people with injury, birth defects, or disease.

Physical therapy assistants work directly under the supervision of physical therapists. They help patients improve activities required in their daily lives, such as walking, climbing, and moving from one place to another. The assistants watch patients during treatments, record the patients' responses and progress, and report these to the physical therapist. They fit patients for and teach

them to use braces, artificial limbs, crutches, canes, walkers, wheelchairs, and other devices. They may make physical measurements to record patients' range of motion, length and girth of body parts, and vital signs.

Physical therapy assistants must graduate from an accredited, two-year physical therapy assistant program. Junior and community colleges offer these programs.

Beginning assistants earn \$28,000 a year or less. Experienced assistants earn between \$44,000 and \$60,000 a year or more. Employment prospects are excellent through 2016. Job growth is expected to be 32 percent.

pists also teach patients and their families so that they can continue care at home.

Successful physical therapists like working with people and helping them feel better. They need creativity and patience to devise a treatment plan for each client and to help them achieve treatment goals. Physical therapists must also be willing to continue to learn throughout their careers. This field continues to change as new technology emerges and medical knowledge advances. They should also have a positive attitude and an outgoing and caring personality.

Many physical therapists work in hospitals. Others work in private physical therapy offices, nursing homes, rehabilitation centers, schools, homes, sports medicine clinics, and industrial clinics.

## Education and Training

To prepare for a physical therapy career, you should take classes in health, biology, chemistry, and physics. Physical therapists work closely with clients every day. To improve your people and communication skills, take psychology, sociology, and English and speech classes. Also, take computer science classes since physical therapists use computers and the Internet to keep records, create treatment plans, and stay up-to-date on developments in the field.

Physical therapists must earn at least a master's degree. Many earn postgraduate degrees. Typical courses include anatomy, human growth and development, and therapeutic procedures. Students also gain hands-on experience (known as clinical experience) working with patients in hospitals, home care agencies, nursing homes, and other settings. After graduation, you must pass an exam to become licensed. After a few years of work experience, you can earn a specialist certification.

### DID YOU KNOW?

**The most popular employment settings (in descending order) for physical therapists are:**

1. Private out-patient offices or group practices
2. Health system- or hospital-based outpatient facilities or clinics
3. Acute care hospitals
4. Patient's home
5. Academic institutions
6. Schools (preschool, primary, and secondary)

Source: American Physical Therapy Association

## FOR MORE INFO



The American Physical Therapy Association offers the brochure *Your Career In Physical Therapy*, a directory of accredited schools, and general career information at its Web site.

### **American Physical Therapy Association**

1111 North Fairfax Street  
Alexandria, VA 22314-1488  
800-999-2782  
<http://www.apta.org>

The American Board of Physical Therapy Specialties certifies physical therapists who show advanced knowledge in a specialty area. These specialties include cardiopulmonary, clinical electrophysiologic, geriatric, neurologic, orthopaedic, pediatric, and sports physical therapy.

## Earnings

Physical therapists earned average salaries of \$69,760 a year in 2007, according to the U.S. Department of Labor. Those just starting out in the field earn less than \$48,000. Experienced physical therapists can earn more than \$100,000 annually.

## Outlook

Employment in physical therapy is expected to be especially strong, according to the U.S. Department of Labor. As the number of middle-aged and elderly Americans grows, more people develop medical conditions that require physical therapy. As people live longer and more trauma victims and newborns with defects survive, the need for physical therapists rises. Additionally, people are becoming more interested in physical fitness. While this is a good thing, this trend means that more members of the public will need physical therapy to deal with the injuries they get while exercising.

# Recreation Workers



## What Recreation Workers Do

*Recreation workers* help people make the most of their free time by planning, organizing, and directing leisure activities. They often work for local government and volunteer agencies. In these settings, they plan programs at community centers, neighborhood playgrounds, prisons, and hospitals.

Recreation workers organize programs that include arts and crafts, dramatics, music and dancing, swimming, camping, and nature study. Special events include pet and hobby shows, contests, and festivals. Workers may plan activities for those with special needs such as the elderly or people with disabilities.

*Recreation center directors* run programs at day camps, playgrounds, or recreation buildings. They direct the staffs and make sure the buildings and equipment are safe and in good order. *Recreation leaders* or *supervisors*, along with their assistants, work directly with participants. Leaders help train volunteers. *Camp counselors* lead and teach both children and adults such skills as swimming, hiking, horseback riding, and nature crafts. Counselors are supervised by a *camp director*.



### EXPLORING

- Volunteer to work in recreation programs at nursing homes, neighborhood centers, camps, and other organizations.
- Participate in a variety of recreation activities, including sports, games, arts and crafts, music, dance, and nature study.
- Interview a recreation worker about his or her career.



## Consider the Possibilities

Some colleges and universities have bachelor degree programs in recreation and park management. Graduates of these programs find a wide variety of job possibilities, such as these:

- promoting state tourism
- planning marketing campaigns for a theme park
- developing ways for a small town to buy and develop a park
- organizing recreation activities for parks
- managing a country club
- teaching school-age children about nature
- working as a recreation consultant for a chain of nursing homes
- planning bicycling trails for the U.S. Bureau of Land Management

Another type of recreation worker is the *social director*, who plans and organizes activities for guests in hotels and resorts or for passengers on ships. Social directors greet guests, explain the programs available, and try to get people to participate.

*Cruise directors* plan daily activities and entertainment for passengers. Some cruise workers plan and direct programs and games for children.

*Ski resort workers* do a variety of jobs, such as operating ski lifts, teaching skiing lessons, patrolling ski trails, and directing the operation of ski lodges.

## Education and Training

To gain experience for this career, take classes in art, music, dance, drama, athletics, and earth science. English and speech classes



will help you develop your communication skills. You will need good communication skills because you will work closely with people every day.

For some jobs a high school diploma is enough preparation, but for most full-time jobs in parks and recreation or in social work, you need a college degree. For some positions you need special training in a field such as art, music, drama, or sports.

## **Tips for Success**

**To be a successful recreation worker, you should**

- enjoy working with people
- have good leadership skills
- be patient and understanding
- have an outgoing personality
- be able to think quickly during emergencies

## **Earnings**

Full-time recreation workers earned an average of \$21,220 a year in 2007, according to the U.S. Department of Labor. Some earned up to \$36,730 or more, depending on job responsibilities and experience. Some top-level managers can make even higher salaries.

Camp directors average about \$1,600 per month in public camps. In private camps, earnings are higher. Camp counselors earn from \$200 to \$800 a month.

According to Cruise Services International, the general salary range for cruise directors and other cruise line workers is between \$1,000 to \$1,700 per month.

Ski resort workers earn hourly pay that ranges from \$9 to \$25 an hour depending on their job duties.

## **Outlook**

The U.S. Department of Labor predicts that employment opportunities for recreation workers will increase about as fast as the average for all careers. People now have more leisure time to spend

## FOR MORE INFO



For information about the field, contact

**American Association for Physical  
Activity and Recreation**

1900 Association Drive  
Reston, VA 20191-1598  
703-476-3400, ext. 430  
<http://www.aahperd.org/aapar>

For more information on the cruise  
industry, contact

**Cruise Lines International Association**

910 SE 17th Street, Suite 400  
Fort Lauderdale, FL 33316-2968  
754-224-2200  
[info@cruising.org](mailto:info@cruising.org)  
<http://www.cruising.org>

For information on the recreation indus-  
try and careers, contact

**National Recreation and Park  
Association**

22377 Belmont Ridge Road  
Ashburn, VA 20148-4501  
703-858-0784  
[info@nrpa.org](mailto:info@nrpa.org)  
<http://www.nrpa.org>

For industry information, contact

**National Ski Areas Association**

133 South Van Gordon Street, Suite 300  
Lakewood, CO 80228-1706  
303-987-1111  
[nsaa@nsaa.org](mailto:nsaa@nsaa.org)  
<http://www.nsaa.org>

on recreational activities. This will lead to more opportunities in this career field. The growing elderly population in nursing homes, senior centers, and retirement communities will create more job openings. There also is a demand for recreation workers to conduct activity programs for people with special needs. Competition for jobs is expected to be stiff since more people want to enter this field than there are job openings.

# Recreational Therapists



## What Recreational Therapists Do

*Recreational therapists* help people with mental, physical, or emotional disabilities feel better. They use leisure activities as a form of treatment to relieve patients' symptoms, restore function, and improve their physical, mental, and emotional health. Sports, games, arts and crafts, movies, field trips, hobby clubs, and dramatics are only a few examples of activities that can help patients. Recreational therapists are also known as *therapeutic recreation specialists*.

Recreational therapists first talk to a patient's doctors, psychiatrists, social workers, physical therapists, and other professionals. They need to understand the patient's illness, current physical and mental abilities, emotional state, and recovery goals. The patient's family and friends are also interviewed to find out the patient's interests and hobbies. The recreational therapist uses this information to plan activities for the patient.



### EXPLORING

- Volunteer to work in a nursing home, hospital, or care facility for people with disabilities. These facilities are always looking for volunteers to work with and visit patients.
- Take part in physical fitness programs at your school or local gym.
- Learn a variety of sports, games, arts and crafts, dance, and other physical activities that might be useful in your future career in recreational therapy.
- Talk to a recreational therapist about his or her career.

## The Beginnings of Recreational Therapy

Recreational therapy began when doctors and nurses noticed that soldiers suffering from battle fatigue, shock, and emotional trauma responded well to recreation and activity programs.

Experiments have shown that recovery is aided by recreational activities such as sports, music, art, gardening, dance, drama, field trips, and other pastimes.

Elderly people are more healthy and alert when their days are filled with activities and social get-togethers. People with disabilities can gain greater self-confidence and awareness of their own abilities when they get involved with sports, crafts, and other activities. People recovering from drug or alcohol addiction can feel good about themselves again through participation in hobbies, clubs, and sports.

There are several specialties in the field. *Dance therapists* lead dance and body movement exercises to improve patients' physical condition and confidence. *Art therapists* use various art methods, such as drawing, painting, and ceramics, to work with patients. *Music therapists* lead solo or group singing, playing in bands, rhythmic and other creative activities, listening to music, or attending concerts. Some therapists work with pets and other animals, such as horses. Even flowers and gardening can help patients, as is shown by the work of *horticultural therapists*. All recreational therapists carefully monitor and record each patient's progress and report it to the other members of the medical team.

Successful recreational therapists have patience and a positive attitude. They have good people skills in order to work with patients from all different backgrounds in a variety of settings.

In addition, they must, of course, enjoy and be excited about the activities in which they involve their clients, such as dance, music, or art.

The majority of recreational therapists work in nursing care facilities and hospitals. Other employers include residential facilities, substance abuse centers, adult day care centers, long-term rehabilitation centers, home health care settings, prisons, and psychiatric facilities. Some therapists are self-employed.

## Education and Training

To prepare for this career, take biology, chemistry, mathematics, history, psychology, sociology, physical education, art,

### FOR MORE INFO



For career information, contact  
**American Therapeutic Recreation Association**

207 3rd Avenue  
Hattiesburg, MS 39401-3868  
601-450-2872  
national@atra-online.com  
<http://atra-online.com/cms>

For information about the field, contact  
**National Therapeutic Recreation Society**

c/o National Recreation and Park Association  
22377 Belmont Ridge Road  
Ashburn, VA 20148-4501  
703-858-0784  
ntrsnrpa@nrpa.org  
<http://www.nrpa.org>

For more information about art therapy, contact

**American Art Therapy Association**  
11160-C1 South Lakes Drive, Suite 813  
Reston, VA 20191-4327  
888-290-0878  
info@arttherapy.org  
<http://www.arttherapy.org>

For information about the career of music therapist and a list of approved educational programs, contact

**American Music Therapy Association**  
8455 Colesville Road, Suite 1000  
Silver Spring, MD 20910-3392  
301-589-3300  
info@musictherapy.org  
<http://www.musictherapy.org>



music, and drama classes. You will also need to develop your writing and speaking skills, so take English and speech classes.

You must earn a bachelor's degree to enter this field. In addition to classroom work, students also take recreation courses and must complete an internship.

## Earnings

Recreational therapists earned median salaries of 36,940 in 2007, according to the U.S. Department of Labor. Salaries can range from \$21,700 a year to more than \$58,030 a year.

## Outlook

Employment for recreational therapists is expected to grow more slowly than the average for all careers, according to the U.S. Department of Labor. Most openings for recreational therapists will be in nursing homes. Growth in hospital jobs is not expected to be great. Strong growth is expected for community programs for special populations. These programs serve the physically disabled, cognitively disabled, or elderly people who are mentally ill or addicted to alcohol or drugs.

# Sports Agents



## What Sports Agents Do

*Sports agents* represent professional athletes in different types of business dealings. They may represent only one athlete or many. Their main duty is to negotiate contracts, which requires great communication and persuasive skills. Agents need to clearly summarize the athlete's salary and benefit demands. They have a clear idea of the athlete's future and how the contract might affect it. Agents often represent their clients during the clients' entire careers. Sometimes this means finding work for athletes once their athletic careers are over.

Sports agents also negotiate endorsement contracts. An endorsement involves an athlete promoting a product or company in exchange for money. Endorsements and public appearances bring extra income for the athlete, but they also can create good publicity. Sports agents make sure media attention is positive and benefits the athlete. The athlete who wants to attract top endorsements and public appearances must have

### EXPLORING

- Participate in school and community sports. You don't necessarily have to be an athlete, although that would help you understand the needs of your future clients. You can shag balls at tennis tournaments, be a golf caddie, or apply for ballboy/ballgirl positions with major or minor league ball teams.
- Read biographies of famous athletes to learn how they and their agents have managed their careers. There are also books available by and about agents.
- Talk to a sports agent about his or her career.



*Sports agent and author Ron Shapiro poses with a copy of his latest book at his office. (Rob Carr, AP Images)*

“star quality” and a good image in addition to being a top athletic performer.

Networking is an important part of the everyday routine of sports agents. Agents keep up professional and social contacts that might help clients. For example, an agent for a tennis player might get to know executives whose companies make tennis racquets, balls, and clothing. By developing friendly business relationships, the agent is better able to negotiate product endorsement deals.

## Education and Training

Business and mathematics courses will teach you about management and numbers. English and speech classes will help you develop your communication skills.

A bachelor's degree in business administration, marketing, or sports management is recommended for this field. Many people who eventually become agents also have a graduate degree in law or business. To earn a law degree, you must complete a three-year law school program after you complete at least three years of college. During your second and third years of law school, you may take specialized courses in contract law or business transactions. Most law school graduates take the bar exam, a written exam given by the state where you want to practice.

### Words to Learn

**contract** an agreement between a professional athlete and team management outlining the player's salary, the number of years the player must stay with the team, and other details. Contracts are usually negotiated by sports agents

**draft** an organized system for dividing players up among professional sports teams

**endorsement** an agreement between an athlete and a company in which the athlete allows the company to use his or her name and image for its advertising in exchange for money.

Endorsement opportunities are typically found and negotiated by sports agents

**free agent** a professional athlete who is free to negotiate a contract with any team

**negotiate** to attempt to come to an agreement regarding an issue, such as a player's contract

**networking** the process of making personal and professional connections

**personal appearance** an event where an athlete meets fans. Athletes often receive pay for their participation.



## Tips for Success

To be a successful sports agent, you should

- have good negotiation skills
- have a confident, outgoing personality
- have excellent communication skills
- have strong persuasive skills
- be good at networking

## Earnings

Sports agents can earn very large amounts of money by representing a single star athlete such as LeBron James or Venus Williams. Agents earn a commission, or percentage, of the athlete's income. Agent commissions at top management firms run from 5 to 10 percent of the player's earnings. Agents also receive up to 25 percent of endorsements they negotiate for

the athlete. Top athletes earn \$50 million a year or more in salary and endorsements. A 5 percent commission on \$50 million is approximately \$2.5 million a year.

Most sports agents represent athletes who are not superstars. The average yearly salary for an agent just starting out is about \$30,000. As they get more clients or the status of their athletes increases (they play better, become famous, etc.), agents earn salaries that range from \$39,000 to \$103,000 a year or more. The high end for typical agents ranges from \$200,000 to \$1 million or more a year.

## Outlook

The outlook for sports agents, in general, looks strong. The sports industry is doing well. As cable television brings greater choices to the viewing public, it is possible that less publicized sports, such as snowboarding, lacrosse, and rodeo, will become more popular. This may bring new revenues (or earnings) into those sports and create more opportunities for agents. The one



thing to remember about this field is that it does not employ a large number of people. This means that there will be strong competition for jobs as sports agents because many people want to enter the field.



## FOR MORE INFO

No professional organizations or associations exist for sports agents at this time. The following is one of the top management firms in the country.

**IMG**

<http://www.imgworld.com/sports>



# Sports Broadcasters and Announcers

## What Sports Broadcasters and Announcers Do

*Sports broadcasters and announcers* select, write, and deliver information about sports news on radio and television news broadcasts. Others work as announcers at sports events. They cover sporting events before and after they are played, as well as provide play-by-play coverage during the event. Sports broadcasters are also known as *sportscasters* and *sports anchors*.

The main job of sportscasters who work for news broadcasts is to summarize sports news and deliver daily sportscasts. Sportscasters who cover live events deliver a play-by-play report. Play-by-play reports detail everything that is happening in the game. The most common sports for which sportscasters deliver play-by-play broadcasts are baseball, basketball, football, hockey, and soccer. *Radio sportscasters* have to describe each play in enough detail that listeners can see, or visualize, the game as if they were actually there watching it. *Television sportscasters* comment on the players' actions, coaching decisions, technique, strategy (a careful plan for competing in a contest), and other aspects of the game. Sportscasters provide game and player statistics and update them as the event progresses. They often interview coaches and athletes.

*Stadium announcers* provide spectators with public address announcements before and during a sports event. Stadium announcers may be sportscasters or they may be professional

## EXPLORING

- Participate in a sport. By learning a sport inside and out, you learn the movements and techniques that you will describe as a sportscaster.
- Volunteer to help out with school teams by shagging balls, running drills, or managing equipment. Keeping statistics is good practice for learning percentages and background information on the strengths and weaknesses of each athlete.
- Watch your favorite sports events on television without the sound. Record your own play-by-play delivery.
- Join your school's speech or debate team. Speaking before an audience is a great way to practice for speaking in front of a camera or on a microphone.
- Deejay on your school's radio station or volunteer at a local radio or cable television station.
- Write about your school's sports teams for your school or local newspaper.

announcers or *emcees* who make their living recording voice-overs for radio and television commercials, and for large corporations or department stores. Stadium announcers usually give the lineups for games and provide player names and numbers during specific times in a contest. They also make public announcements during time-outs and pauses in play. They generally keep the crowd involved in the event.

To be a successful sports broadcaster or announcer, you should have a pleasant, but strong, speaking voice, solid knowledge of the sport that you broadcast, excellent verbal and interviewing skills, and an outgoing personality. In addition,



*A radio play-by-play broadcaster for a minor league baseball team prepares for a game. (Jeff Greenberg, The Image Works)*

you should have excellent grammar and English usage and the ability to ad-lib if and when it is necessary. (Ad-libbing is the ability to fill time if a sporting event is delayed by bad weather or other events.) If you work as a television sportscaster, you should be extra certain to have a pleasant appearance and be well-groomed.



## **Fame and Fortune: Bob Costas**

Bob Costas (1952– ) is an American sportscaster who is best known for his coverage of Major League Baseball, the National Football League, the National Basketball Association, and the Olympics. He combines an almost encyclopedic knowledge of sports with an easy sense of humor. Unlike many sports broadcasters, Costas never played professional sports. Instead, he had to work very hard to prepare for his career by learning everything he could about the sports

he covered. Costas' first professional job as a broadcaster came in 1974. He served as the play-by-play radio announcer for the Spirits of St. Louis, a team in the American Basketball Association. Bob Costas has won multiple National Sportscaster of the Year awards from the National Sportscasters and Sportswriters Association, and he was chosen as one of the Top 50 Sportscasters of All-Time by the American Sportscasters Association.

## **Education and Training**

Take speech and English classes in school to hone your communication skills. Play your favorite sports to learn strategy, common terms, and rules and regulations. News sportscasters usually have a four-year college degree in communications or journalism.

Personality and overall on-camera appearance are also important. Some employers may value these skills more than your education. If you are interested in a sports broadcasting career, make contacts with sports broadcasters through internships and part-time or volunteer jobs.

## **Earnings**

According to the Radio-Television News Directors Association (RTNDA), the average salary for television sportscasters in



## FOR MORE INFO



Visit the association's Web site to read articles and interviews about sportscasting.

### **American Sportscasters Association**

225 Broadway, Suite 2030  
New York, NY 10007-3742  
<http://www.americansportscasteronline.com>

To read answers to frequently asked questions about broadcasting, visit the NAB Web site.

### **National Association of Broadcasters (NAB)**

1771 N Street, NW  
Washington, DC 20036-2891  
202-429-5300  
[nab@nab.org](mailto:nab@nab.org)  
<http://www.nab.org>

For information about broadcast education and the broadcasting industry, contact

### **Broadcast Education Association**

1771 N Street, NW  
Washington, DC 20036-2891  
202-429-5355  
<http://www.beaweb.org>

Visit the association's Web site for information about its Hall of Fame.

### **National Sportscasters and Sportswriters Association**

PO Box 1545  
Salisbury, NC 28145  
704-633-4275  
<http://www.nssahalloffame.com>

2007 was \$52,300. Top television sportscasters in major markets such as Chicago and New York can earn salaries that range from \$100,000 to more than \$1 million dollars annually. Salaries are also usually higher for former athletes and recognized sports personalities or celebrities.

Sportscasting jobs in radio tend to pay less than those in television. The average salary for radio sportscasters in 2007, according to the RTNDA, was \$31,300.

## Outlook

There will continue to be strong competition for jobs in this field. Many people dream of working as sports broadcasters and

announcers. Top jobs in large cities and for popular teams only go to those with a lot of experience and broadcasting skill.

Employment for sports broadcasters and announcers is expected to decline over the next decade. Not many new radio and television stations are expected to enter the market. Most job openings will come as sportscasters leave their jobs to retire, relocate to live in other areas, or work in other professions.



# Sports Coaches

## What Sports Coaches Do

People of almost any age and level of experience can play on sports teams. Children as young as six can join baseball and soccer leagues. These same children can progress through Pony leagues, Little League sports, and elementary school, high school, and college teams. As adults, some may even become members of professional sports teams. Others may play on neighborhood or work-related teams.

All of these teams need *sports coaches*. There are two kinds of sports coaches: *head coaches* and *athlete coaches*. Head coaches lead teams of athletes. Athlete coaches work with athletes in individual sports, such as tennis, swimming, or golf. The primary duty of both types of coaches is to teach and encourage players and to produce winning teams and athletes.

Sports coaches are employed by elementary, middle, and high schools; colleges and universities;

### EXPLORING

- Read books and magazines about coaching.
- Get as much experience as you can in all sports. This will help you decide which ones you like and dislike. It is never too early to begin to specialize in one particular sport.
- Try out for school-sponsored team and individual sports.
- Join a community-sponsored sport. Most communities have sports programs such as baseball leagues or track and field meets sponsored by recreation commissions or park districts.
- Teach younger kids in your neighborhood about the ins and outs of a particular sport.





*A high school football coach discusses strategy with his quarterback. (Steve Warmowski, Journal-Courier/The Image Works)*

professional sports teams; individual athletes such as tennis and golf players; youth leagues; and recreation centers.

Coaches must know all the rules and strategies of their sport. They must be able to study the performance of their players and fit players into positions where they contribute the most to their teams. Sports coaches watch their players while they practice to



see what elements of their game need to get better. Often, sports coaches demonstrate an aspect of the sport to players. For example, if a swimmer is not performing the backstroke correctly, the coach may get in the water and show exactly how to do it.

Whether they work with teams or individuals, coaches also watch opponents to learn their strengths and weaknesses. They use this information to develop strategies on how to win a game or competition.

Coaches often work with *assistant coaches*, who usually focus on one specific aspect of the sport. For example, baseball teams usually have pitching coaches, hitting coaches, outfield coaches, running coaches, and first- and third-base coaches. Football teams have offensive coaches, defensive coaches, linebacker coaches, and quarterback coaches. All of these assistant coaches work under the direction of the head coach.

## Education and Training

In high school, take biology, health, and physical education classes. Taking courses in English and speech will help you develop or

### Profile: Vince Lombardi

Football coach Vince Lombardi (1913–70) was one of the most successful and respected coaches in the National Football League. Under his direction, the Green Bay Packers—a last-place team when he became their coach in 1959—won six divisional titles, five

NFL championships, and two Super Bowl titles. In 1969, he left the Packers to coach the Washington Redskins. Lombardi was a successful high school coach, 1939–47, and college coach, 1947–54. He served as offensive coach for the New York Giants, 1954–59.



improve your communication skills. Participate in sports—either at school or with your friends. Learn the rules and strategies for each sport and try to improve your skills.

Many sports coaches have college degrees. It is possible, though, for someone with knowledge and love of a sport and excellent leadership qualities to become a coach without earning a degree.

Coaches usually work their way up through the coaching system. Some begin as assistant coaches on Little League or elementary school teams. They may eventually become head coaches on high school or college teams. The very best coaches go on to coach world-class athletes and professional sports teams.

## Earnings

In professional football, baseball, basketball, hockey, and soccer, head coaches usually earn between \$200,000 and \$5 million a year. A professional coach's salary is often related to how successful he or she is in producing winning teams. Coaches may earn bonuses for winning a certain number of games or for winning a championship.

The U.S. Department of Labor reports that earnings for sports coaches ranged from \$14,860 to \$61,320 a year in 2007. Sports coaches who worked at colleges and universities earned about \$46,000. Those employed by elementary and secondary schools earned about \$29,000 a year.

### Tips for Success

To be a successful sports coach, you should

- enjoy teaching others
- have excellent knowledge of sports techniques and strategies
- have good communication skills
- be a good motivator
- think and work well under pressure

## FOR MORE INFO



For information on baseball coaching education and coaching Web links, visit the association's Web site.

**American Baseball Coaches Association**

108 South University Avenue, Suite 3  
Mount Pleasant, MI 48858-2327  
989-775-3300  
abca@abca.org  
<http://www.abca.org>

For information on football coaching careers, contact

**American Football Coaches Association**

100 Legends Lane  
Waco, TX 76706-1243

254-754-9900  
[info@afca.com](mailto:info@afca.com)  
<http://www.afca.com>

For information on basketball coaching, contact

**National Association of Basketball Coaches**

1111 Main Street, Suite 1000  
Kansas City, MO 64105-2136  
816-878-6222  
<http://nabc.ocsn.com>

## Outlook

Americans are big sports fans and enjoy watching and playing team sports. As concern over physical fitness grows, both young and old will participate in sports in record numbers during the coming years. This will create demand for more coaches.

According to the U.S. Department of Labor, this occupation will grow faster than the average for all careers. Job opportunities will be best in large cities, but coaches are needed in every community—big or small.

Many people want to become professional coaches, but there are only so many teams and coaching positions available. Many professional coaching positions go to former professional athletes who have retired from competition. This makes it very difficult to land a job at this level. Opportunities are better in

college and university sports programs, but it will still be difficult to land a job. It is easiest to find a job at the elementary, middle, and high school levels. There are many more positions, and you don't need to be a former professional athlete or have a lot of coaching experience to get a job in these settings.



# Sports Photographers

## What Sports Photographers Do

Have you ever marveled at a photo of a wide receiver making a fingertip catch at the back of the end zone? A base runner getting thrown out in a cloud of dust at second base? Or your favorite soccer player lifting his arms

to the heavens while surrounded by his teammates after kicking a game-winning goal? If so, you have seen the exciting work of sports photographers.

*Sports photographers* take pictures of sporting events and athletes. They shoot everything from a Little League game, to a Nike print advertisement, to major league playoffs, to the Olympics. Their work appears in newspapers, magazines (such as *Sports Illustrated*), and books, as well as on the Internet. Their photographs capture the movement, skill, and emotion of athletes.

Sports photographers have detailed knowledge of the sports they are assigned to shoot. Many sports photographers focus on shooting

### EXPLORING

- Join a school sports team to learn a sport in detail and build your skills.
- Join a photography club and the school newspaper or yearbook staff.
- Bring your camera to sporting events and take photos of the action.
- Enter contests sponsored by magazines or community groups.
- Talk to a sports photographer about his or her career.
- Read sports-related books and magazines and publications about photography.





one or two sports, such as basketball and hockey—both fast-moving, unpredictable sporting events to photograph.

Sports photographers must have good equipment in order to be able to capture quick movements and expressions on the athletes' faces. They need cameras with fast shutter speed abilities, tripods to hold cameras steady, and lenses of varying lengths to achieve appropriate depth of field for the intended image.

Sports photographers also need to be at the right place at the right time to get the best shots. Location is key when shooting sporting events. If photographers are too close to the action, they might get injured or, at the very least, interrupt play. If they are too far from the action, they will inevitably miss shots. They need to know where to position themselves to be able to capture the best moments of the game, such as a game-winning goal or a perfect header in soccer.

In addition to taking pictures, some sports photographers also spend time developing film and printing photos. However, most

## **Tips for Success**

To be a successful sports photographer, you should

- be creative and imaginative
- have good eyesight and color vision
- be an expert in photography and know how to use both traditional and digital cameras
- know what sports activities make a good photograph; for example, a baseball player who is known to get especially excited after hitting a home run would be a good candidate for a photograph
- be patient when shooting photographs because even the smallest problem with light, action, shadow, etc., could ruin what seems like a perfect shot
- be able to handle deadline-pressure
- have good business skills if you are self-employed

**DID YOU KNOW?****Where Sports Photographers Work**

- Professional sports teams
- Newspapers
- Sports magazines
- Web sites
- Photo stock agencies
- Sports card companies
- Wire services
- Self-employed

photographers now use digital cameras. In digital photography, film is replaced by microchips that record pictures in digital format. Pictures can then be downloaded onto a computer's hard drive. Photographers use special software to edit the images on screen.

## Education and Training

In school, take any photography classes that are offered. If you are interested in digital photography, study computers and learn how to use programs that edit photos. Physical education classes will

introduce you to the rules of various sports, which will also come in handy when trying to capture images.

Most sports photographers earn college degrees in photography as a way to improve their skills, build a portfolio (a collection of their best work), and make themselves more attractive job candidates.

However, experience is more important than formal training for sports photographers. Only experienced photographers have enough skill to capture a tennis player as he delivers a 100-mile-per-hour serve or two athletes in mid-air fighting for a rebound.

## Earnings

Sports photographers earn a wide range of salaries based on their experience level, skills, and employer. The more important the event, the more money he or she will make. For example, photographers shooting a college hockey game will earn

less than those hired to shoot the National Hockey League playoffs.

Photographers who were employed for newspaper and book publishers earned average salaries of about \$40,000 in 2007, according to the U.S. Department of Labor. Photographers who are just starting out might earn \$16,000 or less. Experienced photographers who have their work published in popular sports publications earn \$100,000 or more.

## Outlook

Employment for photographers will grow about as fast as the average for all careers, according to the U.S. Department of Labor. But employment for sports photographers may not be as strong because there are not as many job opportunities available in this specialty. It takes a lot of skill, ambition, and a little luck to break into this field. Photographers who have a good portfolio and know a lot about sports and the latest photographic equipment will have the best chances of landing a job in the field.



## FOR MORE INFO

Visit the association's Web site to see award-winning photographs.

### **National Press Photographers Association**

3200 Croasdaile Drive, Suite 306  
Durham, NC 27705-2588  
919-383-7246  
info@nppa.org  
<http://www.nppa.org>

To access an online group of sports photographers, view images, and learn more about the career, visit the following Web site

### **SportsShooter**

<http://www.sportsshooter.com>



# Sports Physicians

## What Sports Physicians Do

*Sports physicians* are specialized doctors. They treat athletes who have been injured during play or practice. Sports physicians also do physical exams before athletes join a team or compete in an event.

Sports physicians are usually either *general practitioners* or *orthopedic surgeons*. General practitioners are trained to treat a wide variety of illnesses and injuries. Orthopedic surgeons are special doctors who treat conditions involving the musculoskeletal system (our bones, muscles, tendons, and other tissues).

Sports physicians treat the injuries and illnesses of both amateur and professional athletes. To fully understand sports injuries, sports physicians study the athlete as well as the sport. They consider the physical demands (such as running hard to first base or getting tackled by a 350-pound football player) that regularly cause certain injuries. They also study the risk factors that might make an athlete more likely to be injured, such as previous injuries.

### EXPLORING

- Read books and magazines about sports medicine.
- Volunteer at hospitals or nursing homes to get experience in a health care setting.
- Learn about anatomy and physical fitness by taking classes at school or at a local gym or fitness center.
- Talk to a sports physician about his or her career.







*A team physician and other staff assist an injured player during a college basketball game. (Ellen Ozier, Reuters/Corbis)*

Sports physicians examine athletes to determine their fitness level before they participate in the activity. During exams, they note any physical traits, defects, previous injuries, or weaknesses. They also check the player's coordination (how easily a person can move his or her body), stamina (a person's ability to not get tired

## DID YOU KNOW?

### Where Sports Physicians Work

- Schools
- Colleges and universities
- Hospitals
- Private practice
- Professional sports teams
- Rehabilitation centers

when exercising), balance, strength, and emotional state. The physical examination shows the athlete's state of health. It also allows the physician to decide whether that athlete is physically able to play his or her sport. After the physical exam, the sports physician advises the coach on the fitness level of the athlete.

Sports physicians may help trainers and coaches develop conditioning and training programs. These help athletes develop strength, increase endurance, or improve flexibility. They also offer advice on losing or

gaining weight, diet, nutrition, and sleep habits.

Successful sports physicians must be experts in the human body (anatomy) and how it functions. They also need good communication skills in order to work well with athletes and coaches. Sports physicians also have compassionate and understanding personalities in order to help athletes who are in serious pain or who have faced a season- or career-ending injury. Knowledge of different sports and their demands on an athlete's body is also important.

## Words to Learn

**arthroplasty** procedures and artificial materials used to treat joint problems

**hard casts** casts made of plaster or plastic that immobilize broken bones

**immobilization** a common treatment that keeps a body part

from moving and allows an injury to heal

**magnetic resonance imaging (MRI)** computer technique that uses magnetic fields to provide a picture of an injury

**soft casts** bandage wraps

Sports physicians usually see their patients in clean, well-lighted offices. However, they are often needed wherever athletes are playing. This might include a muddy soccer or football field, a snow-covered ski run, or a steamy boxing ring. If an injury occurs during play, the physician must be able to give emergency treatment on the scene. If necessary, they make sure the athlete is taken to the hospital. Sports physicians follow an injured athlete through various stages of treatment, surgery, and rehabilitation (the steps a patient takes to return to good health).

## Education and Training

Take as many health and sports-related classes as you can in school. Biology, chemistry, and computer courses are also helpful. You should also take English and speech classes, which will help you develop your communication skills. These skills will help you write detailed reports and talk with coaches, ath-

### FOR MORE INFO



To learn more about sports medicine, contact

**American College of Sports Medicine**

PO Box 1440

Indianapolis, IN 46206-1440

<http://www.acsm.org>

To find out more about career opportunities in sports medicine, contact

**American Orthopaedic Society for Sports Medicine**

6300 North River Road, Suite 500

Rosemont, IL 60018-4235

847-292-4900

[aossm@aossm.org](mailto:aossm@aossm.org)

<http://www.sportsmed.org>

For career information and a list of accredited athletic training programs, contact

**National Athletic Trainers' Association**

2952 Stemmons Freeway

Dallas, TX 75247-6113

214-637-6282

<http://www.nata.org>

letes, and other people. It's important to get good grades in high school since many people want to become sports physicians.

Sports physicians have either an M.D. (medical doctor degree) or a D.O. (doctor of osteopathy degree). To earn either degree, you must complete four years of college, followed by a four-years at a medical school. After you graduate from medical school, you must complete one to six years of on-the-job training in a medical specialty, such as surgery. Most sports physicians train in orthopedics or general practice.

## Earnings

Sports physicians earn about the same salaries as general practitioners and family practice physicians—about \$153,000 a year in 2007, according to the U.S. Department of Labor. Sports physicians also earn fees and other income from the athletic organizations they work for as team physicians.

## Outlook

The outlook for sports physicians remains good. College and professional sports teams need sports physicians to help athletes recover from injuries quickly in order to help their teams win as many games as possible. Even amateur athletes require the skills and expertise of sports physicians to treat pulled muscles and painful knee injuries. Athletes of all ages and abilities take sports seriously, and are as prone, or likely, to be injured as any professional athlete.



# Sports Scouts



## What Sports Scouts Do

*Sports scouts* go to sporting events to look for new recruits. They also go to gather information about an opponent's players and strategy (a careful plan or method for competing in a contest). Sports scouts work for major league sports organizations throughout North America and the world. Others work for professional scouting organizations, such as the Major League Scouting Bureau. Scouts are members of the coaching staff of a team. In many cases, assistant coaches have scouting responsibilities.

Scouts involved in recruitment attend high school and college games to look for talented young players. Coaches or general managers tell scouts about specific needs. For example, a basketball coach may need a guard who can handle the ball well and shoot jump shots. A football coach may need a linebacker who is an especially fast runner. A scout attends numerous college games and then



### EXPLORING

- Read books by coaches and athletes to learn fundamentals and strategies.
- Participate in school sports events. You can participate either as a player or as an assistant to players or coaches.
- Take part in community sports programs to interact with a variety of players and observe different styles of play.
- Watch two teams during a sporting competition to learn their strengths and weaknesses. Record your findings and create a summary for each team and player.

returns to the coach with a list of players who meet the description. Other information might include the players' ages, heights, and weights, and notes from interviews with the players. A scout may see 10 or more games a week, so it is very important to keep detailed notes. Scouts also examine statistics, such as earned run average (baseball), or yards per carry (football), and average goals allowed per game (hockey). Scouts report their findings back to the coach or general manager.

Assistant coaches and scouts often attend opponents' games to find out about players' abilities and team strategies. They watch the game, diagram set plays, and note the tendencies (or the typical actions) of players. During practice the following week, scouts share their findings and help make plans to offset an opponent's strength.

### **A Bit of History**

In the first part of the 20th century, baseball as a professional sport became popular. Large cities like New York and Boston were home to some of the best and most popular teams. Their scouts traveled by train through the South and Midwest to find talented, young players—perhaps the next Cy Young or Cap Anson (Hall of Fame players).

As baseball became more organized, scouts worked almost exclusively for one professional team. Soon, young prospects no longer were sent directly to major league teams. Instead, they played in the minor leagues, or farm teams. These teams were set up to teach players, who already had excellent ability, the fine points of the game. This created a need for even more scouts to watch these players develop and decide when they were ready to advance to the next level.

Sports scouts travel an average of three weeks out of every month. They are away from home most nights and weekends. While on the road, they stay in hotels and eat in restaurants. They travel by car, bus, and frequently by plane.

Successful sports scout have a great amount of knowledge about a particular sport. They are excellent judges of talent. They know about the strengths and weaknesses of the team or player they are scouting. Sports coaches must have good communication skills. They interact with other coaches and players on a daily basis. If they work as recruitment scouts, they will be in contact with younger players, and so it would be helpful to be able to work well with and understand young people. Skill at speaking Spanish or Japanese, will be also of great help, since some scouts are sent to foreign countries to observe athletes. Sports scouts must also be detail-oriented, have excellent organizational skills, be team players, and be willing to travel when necessary for their jobs.

## Education and Training

Speech and English courses will help you communicate easily with players, coaches, and managers. Learn how to speak a foreign language to help you communicate if you travel to other countries to observe promising athletes. Language skills in Spanish or Japanese are particularly helpful. Of course, you should take physical education classes and join sports teams—especially the sport you want to scout in.

There are no special educational requirements for becoming a sports scout. Most scouts are former players or coaches. A college education and playing college sports will give you contacts and open up more job possibilities.

## Earnings

Beginning sports scouts earn about \$15,000 a year. Sports scouts also receive money for travel expenses and meals. With

## FOR MORE INFO



For information on baseball scouting, including scout school, contact

**Major League Scouting Bureau**

3500 Porsche Way, Suite 100

Ontario, CA 91764-4941

909-980-1881

[http://mlb.mlb.com/mlb/official\\_info/about\\_mlb/index.jsp](http://mlb.mlb.com/mlb/official_info/about_mlb/index.jsp)

Contact the following professional sports leagues for information on careers in scouting:

**Major League Soccer**

<http://web.mlsnet.com>

**National Basketball Association**

<http://www.nba.com>

**National Football League**

<http://www.nfl.com>

**National Hockey League**

<http://www.nhl.com>

**Women's National Basketball Association**

<http://www.wnba.com>

three to five years' experience, a successful scout can earn between \$30,000 and \$40,000 a year. An experienced scout can earn more than \$100,000 a year.

## Outlook

There will be little change in the number of sports scouts employed in the next decade. There are approximately 1,000 professional sports scouts in the United States. Most work for professional teams. Baseball is the sport that employs the greatest number of scouts.

A relatively new trend is pool scouting, where a group of scouts collect information on a great many players and provide that information to several teams. These scouts do not work for any one team, but for professional scouting organizations, such as the Major League Scouting Bureau.



# Sports Statisticians



## What Sports Statisticians Do

*Sports statisticians* record and compile data relating to a sports event. They use math formulas, alone or in combination with calculators and computers, to calculate the statistics related to a particular sport or athlete.

Most high school, college, and professional teams have an *official scorer* or statistician who attends every game and keeps track of statistics. Once the game begins, statisticians cannot miss a play. The statistician keeps track of the score, the number of time-outs, and specific calls made by the referees, such as player fouls. If any item on the scoreboard is questioned—by a referee, one of the coaches, or another game official—the person who ultimately has the power to decide the outcome is the statistician.

Many statisticians still work by hand with a special notebook for recording the game statistics. As each play and call occurs, the statistician records the play or call in a particular column or row of the stat book. Later, the statistician totals the number of play-

### EXPLORING

- Learn as much as you can about how a sport is played and how to score it.
- Participate in sports or volunteer to be the statistician for a school team.
- Attend games and practice scoring and keeping track of other statistics.
- Check your library for books that explain in detail how to correctly record sports statistics.



er errors, rebounds, assists, or goals. The statistician uses the same formulas to figure the statistics for a single athlete or an entire team. Some statisticians use computers that automatically compute the player and team statistics. Most professional teams have both a manual scorer and one or more scorers using computers.

Besides working for teams, statisticians may work for television or radio stations. They pass useful information to sportscasters who are covering the game.

## Education and Training

Technically, there are no formal educational requirements for sports statisticians. Computer and mathematics classes are important. Sports statisticians will rely more and more on computers in coming years. English and speech courses are also recom-

### Words to Learn

**box score** the final, official game score

**error** in baseball, a misplay by a defensive player that gives an advantage to the team that is batting

**flash stats** the statistics distributed during a basketball game at every 60-second time-out

**foul breaking** the rules

**fumble** in football, to accidentally lose physical possession of the ball, usually by dropping it

**hat trick** in a soccer or hockey game, three or more goals scored by a single player

**roster** the official list of players on a team, usually including the positions they play or events they have competed in

**stat crew** team of individuals who record and prepare statistics for the media and home and visiting teams

**stats** short for "statistics"; numbers that show an athlete's record in the sport. For example, a player's free-throw percentage in basketball is a stat

mended. Sports statisticians may be asked to explain a statistic to a sportscaster or writer, or they may be asked to write notes concerning relevant statistics or trivia, even a press release.

Private companies that employ sports statisticians usually require them to have a bachelor's degree. No colleges offer degrees in sports statistics. Aspiring sports statisticians typically earn degrees in statistics, mathematics, marketing, accounting, or sports administration. Typical courses in a general undergraduate statistics program include linear algebra, design and analysis of experiments, mathematical statistics, calculus, statistical methods, mathematical modeling, and probability theory.

## Tips for Success

To be a successful sports statistician, you should

- be able to work under pressure
- know how to use computers
- be mathematically adept
- be detail oriented
- be willing to work odd hours, including weekends and holidays
- have the ability to concentrate for long periods of time
- have a love and knowledge of sports

## Earnings

Statisticians who work in all fields earn starting salaries of \$30,000 to \$38,000 a year. After five to 10 years, the salary range is \$50,000 to \$75,000 a year. Statisticians who work for a company for many years can earn from \$75,000 to \$110,000 or more. Those statisticians who work part time or freelance are paid by the job. Someone covering a little-known team might receive \$25 for working the game. A statistician covering a game for a television network might make \$400 to \$500 per game.

## Outlook

More sports coverage on television, as well as the Internet, is expected to increase the need for sports statisticians. Competi-

## FOR MORE INFO



For information on careers in sports statistics and schools that offer degrees in statistics, contact

**American Statistical Association**

732 North Washington Street  
Alexandria, VA 22314-1943  
888-231-3473

asainfo@amstat.org

<http://www.amstat.org/sections/sis>

The following companies employ statisticians and researchers. Visit their Web sites for more information.

**Elias Sports Bureau**

<http://www.esb.com>

**PA SportsTicker**

<http://www.pa-sportsticker.com>

**STATS**

<http://www.stats.com>

tion for full-time sports statistician positions, however, is especially strong. Many sports statisticians work part-time in the field while working full- or part-time in totally unrelated fields in order to support themselves. If you have computer skills and in-depth knowledge of a sport, you will be the most likely to find a job. Overall, the field is expected to grow about as fast as the average for all careers.



# Sportswriters



## What Sportswriters Do

*Sportswriters* write about sports for newspapers, magazines, books, and the Internet. They research their own ideas or follow breaking stories. They contact coaches, athletes, team owners, and managers for interviews. Sometimes sportswriters write their own columns, in which they give their opinions on current news or developments in sports.

The sportswriter's main job is to report on the sports events that occur each day. In order to cover all the high school, college, and professional sports events that happen every day, sportswriters use wire news services to learn details about an event or game. Wire news services, such as Reuters, AP (Associated Press), and UPI (United Press International), gather news and make it available to many publications.

Sports events not covered by wire services are often covered by *stringers*. Stringers are report-



### EXPLORING

- Work for your school paper as a reporter or sportswriter. Any journalistic experience will help you develop the basic skills useful to any reporter, no matter what subject you write about.
- If you can't write for school publications, then start writing about sports on your own to get experience.
- Learn all you can about different sports, including the history of the game, the rules of play, the team members and coaching staff, records, and statistics.
- Interview a sportswriter about his or her career.

## Tips for Success

To be a successful sportswriter, you should

- love sports
- have excellent writing skills
- know a lot about sports
- have good interviewing skills
- be willing to work long and nontraditional hours to cover sporting events
- have the ability to work under deadline pressure

ers and writers who work part-time for publications. They are paid by the number of words or lines they write. Stringers might report on high school events, sports events in out-of-the way locations, or less popular competitions.

Sportswriters might report events that happened anywhere from a few minutes ago, to the day before, to events that took place within the week or month. *Internet sportswriters* can write about sports as they happen or as soon as a game is completed. *Newspaper sportswriters* have tighter deadlines because they have daily schedules. They may have only a few hours to conduct research and

gather comments. *Magazine sportswriters* often have anywhere from several weeks to several months to research and write a story. *Book sportswriters* often take years to conduct research and write detailed profiles of athletes, teams, or famous sporting events.

After sportswriters gather facts and opinions, they write the story. Most sportswriters have to think carefully about the length of their articles. They usually have to write enough to fill a certain space. That space can change at a moment's notice, so they must be able to quickly make articles shorter or longer to fit. Sportswriters for television and radio also must be able to write articles quickly to adjust to time requirements.

## Education and Training

In school, take classes that allow you to practice your writing skills. These include journalism, grammar, English, and speech. Also, take classes that teach you how to use computers.

A bachelor's degree is usually the minimum education required for sportswriters. Most sportswriters study journalism

while in college. Many go on to study journalism at the graduate level. Competition for sports writing jobs is strong. Those with advanced education have the best chances for jobs.

The ability to write well is an important requirement for sportswriters. Sportswriters must also have a solid understanding of the rules and play of many different sports. If you want to specialize in one particular sport, your knowledge of that sport has to be as good as that of coaches and athletes at the professional level.

## DID YOU KNOW?

### Where Sportswriters Work

- Newspapers
- Magazines
- Internet companies
- Freelance opportunities

## Earnings

The median salary for writers was \$50,660 a year in 2007, according to the U.S. Department of Labor. Writers just starting out in their careers earn less than \$26,000 a year. Popular writers at large newspapers and magazines can earn more than \$100,000 a year.

Sportswriters who cover major sporting events, who have their own column, or who have a syndicated column can expect to earn more than the salaries listed above. A syndicated column is one that is published by more than one newspaper or magazine. Sportswriters earn extra money each time a syndicated column is published in more than one place.

## Outlook

Most top sportswriters at major newspapers and magazines stay in their jobs throughout their careers. This means that job openings occur as sportswriters retire, are laid off, or move into other markets. There are far more applicants for sports writing jobs than there are openings. It will continue to be difficult to land a job as a sportswriter during the next decade. Opportuni-

## FOR MORE INFO



The AWSM is a membership organization of women and men who work in sports writing, editing, broadcast and production, public relations, and sports information.

**Association for Women in Sports Media (AWSM)**

3899 North Front Street  
Harrisburg, PA 17110-1583  
717-703-3086  
<http://www.awsmonline.org>

For information on careers in the newspaper industry, contact:

**Newspaper Association of America**

4401 Wilson Boulevard, Suite 900  
Arlington, VA 22203-1867  
571-366-1000  
<http://www.naa.org>

Visit the following Web site for detailed information about journalism careers.

**High School Journalism**

<http://www.highschooljournalism.org>

ties at online publications will be better, but these jobs are often part time and typically do not pay high salaries.

Sportswriters with advanced degrees in journalism, experience in the field, and considerable knowledge of a particular sport or team will have the best employment prospects.



# Stunt Performers



## What Stunt Performers Do

*Stunt performers* work on film and television scenes that are risky and dangerous. They act out car crashes and chases, fist and sword fights, and falls from cars, motorcycles, horses, and buildings. They perform airplane and helicopter gags, ride through raging river rapids, and face wild animals, such as bulls, bears, and buffaloes. Some stunt performers focus on just one type of stunt.

There are two general types of stunt roles: *double* and *nondescript*. The first requires a stunt performer to double, or take the place of, a star actor in a dangerous scene. As a double, the stunt performer must portray the character in the same way as the star actor.

In a nondescript role, the stunt performer does not stand in for another actor, but plays an incidental character in a dangerous scene. An example of a nondescript role is a driver in a freeway chase scene. Stunt performers rarely have speaking parts.

### EXPLORING

- Stunt performers must be in top physical shape and train like athletes. To develop your physical strength and coordination, play on sports teams and participate in school athletics.
- Acting in school or church plays can teach you about taking direction.
- Theme parks and circuses use stunt performers. Visit these places and try to meet the performers after shows.



The idea for a stunt usually begins with the *screenwriter*, the person who writes the script for the movie or TV show. Once the stunts are written into the script, it is the job of the *director* (who oversees the entire film or TV show) to decide how they will appear on the screen. Directors, especially of large, action-filled movies, often seek the help of a *stunt coordinator*. A stunt coordinator can quickly decide if a stunt is possible and what is the best and safest way to perform it. Stunt coordinators plan the stunt. They also oversee the setup and construction of special sets and materials and either hire or recommend the most qualified stunt performer.

Although a stunt may last only a few seconds on film, preparations for the stunt can take several hours or even days. Stunt performers work with props, makeup, wardrobe, and set design departments. They also work closely with the special effects team. A carefully planned stunt can often be completed in just one take. It is more common for the stunt person to perform the stunt several times until the director is happy with the performance.

Stunt performers do many things to ensure that they are safe during filming. They use air bags, body pads, or cables in stunts involving falls or crashes. If a stunt performer must enter a burning building, he or she wears special fire-proof clothing and protective cream on the skin.

## Education and Training

No standard training exists for stunt performers. They usually start out by contacting stunt coordinators and asking for work. If the stunt coordinator thinks the person has the proper credentials, he or she will be hired for basic stunt work like fight scenes. There are a number of stunt schools, such as the United Stuntmen's Association International Stunt School.

Stunt performers get a lot of training on the job. Every new type of stunt has its own challenges. By working closely with stunt coordinators, you learn how to eliminate most of the risks involved in stunts. Even so, injuries are very common among stunt performers. There is even the possibility of death during very dangerous stunts.

Here are some of the skills stunt performers learn in training programs at the United Stuntmen's Association:

- precision driving
- weaponry
- unarmed combat
- foot falls
- horse work

## **Famous Daredevils**

Stunt performers have been around much longer than the film industry. Throughout the 19th century, circus performers leaped from buildings, walked tight-ropes, swallowed swords, and stuffed themselves into tiny boxes.

Harry Houdini is one of the most famous showmen in entertainment history. He became internationally famous by escaping in less than a minute from a chain-wrapped crate that was lowered into New York's East River.

Another daredevil was Samuel Gilbert Scott, who showed "extraordinary and surpassing powers in the art of leaping and diving." After swinging about a ship's riggings or jumping from a 240-foot cliff, he'd pass around a hat for donations from fans.

His final stunt took place at Waterloo Bridge. While performing pre-dive acrobatics with a rope around his neck, he slipped and strangled to death.

- fire burns
- stair falls
- climbing and rappelling
- martial arts
- special effects
- high falls

## Earnings

Stunt performers earn the same day rate as other actors, plus extra pay for more difficult and dangerous stunts. Stunt performers must belong to the actor's union, the Screen Actor's Guild (SAG). The SAG minimum day rate for stunt performers was \$759 in 2007. Though this may seem like a lot of money, few stunt performers work every day.

### Not for Men Only

Women daredevils in the 19th century drew as many spectators as the men.

Signora Josephine Girardelli was known as the "Fire-Proof Lady." She earned that title by holding boiling oil in her mouth and hands and performing other feats of stamina.

Bess Houdini assisted her husband Harry in many famous tricks, including one which ended with her tied up and sealed in a trunk.

May Wirth was a talented equestrian, known as "The Wonder Rider of the World" for her somersaults and other stunts while riding a rushing horse.

Even amateurs got into the act. In 1901, Annie Taylor, a 63-year-old Michigan school-teacher, became the first person to go over the Niagara Falls in a barrel.





## FOR MORE INFO

For more information on earnings and union representation, contact

### **Screen Actors Guild**

5757 Wilshire Boulevard, 7th Floor  
Los Angeles, CA 90036-3600  
323-954-1600  
saginfo@sag.org  
<http://www.sag.com>

For information on opportunities in the industry, contact the following organizations:

### **Stuntmen's Association of Motion Pictures**

10660 Riverside Drive, 2nd Floor, Suite E  
Toluca Lake, CA 91602-2352  
818-766-4334

[info@stuntmen.com](mailto:info@stuntmen.com)  
<http://www.stuntmen.com>

### **Stuntwomen's Association of Motion Pictures**

818-762-0907  
[stuntwomen@stuntwomen.com](mailto:stuntwomen@stuntwomen.com)  
<http://www.stuntwomen.com>

For information about the USA training program and images of stunt performers in action, visit the association's Web site:

### **United Stuntmen's Association (USA)**

10924 Mukilteo Speedway, PMB 272  
Mukilteo, WA 98275-5022  
425-290-9957  
<http://www.stuntschool.com>

## Outlook

There are more than 2,500 stunt performers who belong to the SAG, but only a small number work full time. It's difficult for new stunt performers to break into the business. The future of this career may be affected by computer technology. Filmmakers today use special effects and computer-generated imagery for action sequences. Computer-generated stunts are also safer. Safety on film sets has always been a major concern since many stunts are very dangerous. However, using live stunt performers can make a scene seem more real, so talented stunt performers will always be in demand.



# Umpires and Referees

## What Umpires and Referees Do

*Umpires* and *referees* enforce the rules and regulations of a sport and make decisions on disputes during sports events. The term umpire usually refers to officials at baseball games. Those who officiate at basketball, football, soccer, and other sports events are generally called referees or *linesmen*. Some umpires officiate professional baseball games, but most work for minor league, amateur, and youth teams.

Umpires and referees start work long before a game begins. They inspect the playing field or court to make sure it is in good condition. They check the balls and other equipment to see that they are the appropriate size and weight.

During the game, umpires carefully watch the action. There are usually four umpires at a professional baseball game. At amateur games, there are only one or two umpires. Each umpire has specific responsibilities. For example, the home plate umpire calls balls and strikes on the batter. This requires careful attention and quick decisions after the

### EXPLORING

- **Officiate for a Little League team or at a summer camp.**
- **Neighborhood games with your friends can give you a chance to practice being an umpire or referee.**
- **Watch and participate in school or community sports.**
- **Learn all the rules and hand signals for the sports that interest you.**



pitcher throws the ball. When the ball is hit, umpires watch to see if it is foul (outside the playing area) or fair (inside the playing area). They must not make decisions too quickly because an outfielder may drop a ball at the last second or a fielder may illegally block a player from running around the bases.

Umpires and referees work right in the middle of the action. They watch for illegal moves and fouls. At the same time they must be careful not to get in the way of the players. Linesmen watch the boundaries of a game field carefully and signal when a ball or a player goes out of bounds.

Successful umpires and referees have good communication skills. They also have a very good understanding of the sport they officiate. That means they know the rulebook for their sport inside and out and are able to apply these rules during competition. They also should have excellent vision and be in good physical condition because they will have to keep pace with athletes as they compete.

Sometimes officials must make important decisions that anger and upset players, coaches, and fans. Managers and players may argue with them about a call. When this happens, they need to remain cool under pressure and have confidence to stand behind their judgment. Sports officials who frequently

## Rules and Regs

Here's where to find the official rules for all the major team sports online:

### Baseball

[http://mlb.mlb.com/mlb/official\\_info/official\\_rules/foreword.jsp](http://mlb.mlb.com/mlb/official_info/official_rules/foreword.jsp)

### Basketball

<http://www.nba.com/nba101>

### Football

<http://www.cae.wisc.edu/~dwilson/rsfc/intro>

### Hockey

<http://www.nhlofficials.com/rules.asp>

### Soccer

<http://web.mlsnet.com>



*A referee calls a penalty on a team's goalie during a professional hockey game. (Jonathan Hayward, The Canadian Press/AP Images)*



## Fame and Fortune: Umpire Derryl Cousins

Major League Baseball umpire Derryl Cousins keeps umpiring...and umpiring...and umpiring. In fact, in May 2009, he became only the 18th professional umpire in baseball history to work 4,000 games. That's a lot of outs!

Cousins never thought about becoming an umpire until his career as a minor league baseball player was winding down. He was upset that he had to leave the game he loved. A baseball scout he knew advised him to attend umpiring school and try to become an umpire.

Cousins thought it was a great idea, although he had never umpired a game—not even a youth game. He grad-

uated from umpiring school and worked in the minor leagues for years. Cousins worked on improving his umpiring skills. Gradually, he became a better umpire. In 1979, Cousins umpired his first game in the Major Leagues.

He is now one of the top umpires in the game. His bosses rewarded him by choosing him to be part of umpire teams that worked the World Series in 1988, 1999, and 2005 and the All-Star Game in 1987, 1998, and 2008. He also serves as a crew chief, managing other umpires.

Source: MLB.com

reverse their calls will not be respected by athletes, coaches, or other officials.

Umpires and referees travel a great deal. Professionals travel around the country and rarely spend more than a day or two at home during the season.

## Education and Training

There are no specific educational requirements for umpires and referees. Officials at the amateur level often are former players or coaches who understand the game and know the rules. They

## Profile: Jocko Conlan

Jocko Conlan (1899–1989) is one of only eight umpires elected to the National Baseball Hall of Fame. Conlan can be considered an “accidental umpire.” He was an outfielder for the Chicago White Sox during a 1935 doubleheader when Red Ormsby, one of the umpires, became sick because of the oppressive heat. Conlan was asked to fill in, and he officiated the second

game in his White Sox uniform. The rest is Hall of Fame history. According to the National Baseball Hall of Fame, Conlan was respected by managers and players alike for his “hustle, accuracy, and fairness.” He stood out on the diamond with his trademark polka-dot tie and balloon chest protector. Conlan was elected by the Hall of Fame Veterans Committee in 1974.

may attend a one-day clinic several times a year to review rules and discuss techniques. Those who want to work at the professional level should have several years of college or minor league experience. Various educational programs feature an overview of the rules and regulations of each sport. Professional umpires and referees teach many of the classes.

Sports officials need to understand the sport and all of its rules. They also need good judgment and fairness.

## Earnings

According to the Major League Baseball’s Umpire Development Program, salaries for umpires in the minor leagues ranged from \$1,900 to \$3,500 per month. Major league umpires earn starting annual salaries of about \$120,000 a year. Major league umpires with considerable experience can earn as much as \$350,000 a year. Professional basketball officials’

salaries range from \$85,000 to about \$300,000, depending on experience. Officials in the National Football League are considered part-time employees. They earn about \$29,000 to \$100,000.

Most umpires and referees do not work at the professional level. Those who work at the college level make between \$200 and \$800 per game, while high school officials earn about \$100 per game.

## Outlook

A lot of people would like to become umpires and referees. But there are only about 200 to 300 officials who work at the profes-

### DID YOU KNOW?

Sports officials play a key role in every sport, but only a few have been elected to the hall of fame. The following chart lists the number of sports officials enshrined by sport (data is from 2009). Visit the halls' Web sites to read biographies of the inductees.

	TOTAL NUMBER OF INDUCTEES	NUMBER OF SPORTS OFFICIALS INDUCTED
National Baseball Hall of Fame	289	8
Naismith Memorial Basketball Hall of Fame	283	13
Pro Football Hall of Fame	261	0
Hockey Hall of Fame	352	15



## FOR MORE INFO

For information on becoming a basketball official, contact

**International Association of Approved Basketball Officials**

<http://www.iaabo.org>

Visit the NASO Web site to learn how to become a sports official in a variety of fields. NASO also offers a wide variety of publications for the aspiring sports official, including How to Become an Official.

**National Association of Sports Officials (NASO)**

2017 Lathrop Avenue  
Racine, WI 53405-3758  
262-632-5448  
[naso@naso.org](mailto:naso@naso.org)  
<http://www.naso.org>

For information on a career as a hockey referee or linesman, contact

**National Hockey League Officials Association**

<http://www.nhlofficials.com>

Visit the association's Web site for information on union representation for Major League Baseball umpires, training opportunities, and interesting facts about umpires.

**World Umpires Association**

PO Box 394  
Neenah, WI 54957-0394  
<http://www.worldumpires.com>

For a wealth of information on baseball umpiring, including how to become an umpire, rules and measurements of the game, FAQs, and A Step-by-Step Guide on Becoming an Umpire, visit

**Major League Baseball: Umpires**

[http://www.mlb.com/NASApp/mlb/mlb/official\\_info/mlb\\_umpires.jsp](http://www.mlb.com/NASApp/mlb/mlb/official_info/mlb_umpires.jsp)

sional level. This number will not change significantly unless a new league is formed or new teams are started.

Umpires and referees are almost always needed at the youth, high school, and amateur levels. People who are interested in making a little extra money or simply learning about the field should find plenty of opportunities for work.



# Glossary



**accredited** approved as meeting established standards for providing good training and education; this approval is usually given by an independent organization of professionals

**apprentice** a person who is learning a trade by working under the supervision of a skilled worker; apprentices often receive classroom instruction in addition to their supervised practical experience

**associate's degree** an academic rank or title granted by a community or junior college or similar institution to graduates of a two-year program of education beyond high school

**bachelor's degree** an academic rank or title given to a person who has completed a four-year program of study at a college or university; also called an *undergraduate degree* or *baccalaureate*

**career** an occupation for which a worker receives training and has an opportunity for advancement

**certified** approved as meeting established requirements for skill, knowledge, and experience in a particular field; people are certified by the organization of professionals in their field

**college** a higher education institution that is above the high school level

**community college** a public or private two-year college attended by students who do not usually live at the college; graduates of a community college receive an associate's degree and may transfer to a four-year college or university to complete a bachelor's degree

**diploma** a certificate or document given by a school to show that a person has completed a course or has graduated from the school

**distance education** a type of educational program that allows students to take classes and complete their education by mail or the Internet

**doctorate** the highest academic rank or title granted by a graduate school to a person who has completed a two- to three-year program after having received a master's degree

**fringe benefit** a payment or benefit to an employee in addition to regular wages or salary; examples of fringe benefits include a pension, a paid vacation, and health or life insurance

**graduate school** a school that people may attend after they have received their bachelor's degree; people who complete an educational program at a graduate school earn a master's degree or a doctorate

**intern** an advanced student (usually one with at least some college training) in a professional field who is employed in a job that is intended to provide supervised practical experience for the student

**internship** the position or job of an intern; the period of time when a person is an intern

**junior college** a two-year college that offers courses like those in the first half of a four-year college program; graduates of a junior college usually receive an associate's degree and may transfer to a four-year college or university to complete a bachelor's degree

**liberal arts** the subjects covered by college courses that develop broad general knowledge rather than specific occupational skills; the liberal arts are often considered to include philosophy, literature and the arts, history, language, and some courses in the social sciences and natural sciences

**major** the academic field in which a college student specializes and receives a degree

**master's degree** an academic rank or title granted by a graduate school to a person who has completed a one- or two-year program after having received a bachelor's degree

**pension** an amount of money paid regularly by an employer to a former employee after he or she retires from working

**scholarship** a gift of money to a student to help the student pay for further education

**social studies** courses of study (such as civics, geography, and history) that deal with how human societies work

**starting salary** salary paid to a newly hired employee; the starting salary is usually a smaller amount than is paid to a more experienced worker

**technical college** a private or public college offering two- or four-year programs in technical subjects; technical colleges offer courses in both general and technical subjects and award associate's degrees and bachelor's degrees

**undergraduate** a student at a college or university who has not yet received a degree

**undergraduate degree** *see* **bachelor's degree**

**union** an organization whose members are workers in a particular industry or company; the union works to gain better wages, benefits, and working conditions for its members; also called a *labor union* or *trade union*

**vocational school** a public or private school that offers training in one or more skills or trades

**wage** money that is paid in return for work done, especially money paid on the basis of the number of hours or days worked

# Browse and Learn More



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### Pro Football Weekly

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### SLAM

<http://www.slamonline.com>

### Soccer Youth

<http://www.socceryouth.com>

### The Sporting News

<http://www.sportingnews.com>

### Sports Illustrated KIDS

<http://www.sikids.com>

### USA Junior Hockey Magazine

<http://usajuniorhockey.com>

### Young Rider

<http://www.youngrider.com>

## Web Sites

### About.com: Sports & Recreation

<http://www.about.com/sports>

### American Camping Association: Find a Camp

[http://find.acacamps.org/finding\\_a\\_camp.php](http://find.acacamps.org/finding_a_camp.php)

### American Library Association: Great Web Sites for Kids

<http://www.ala.org/greatsites>

### BaseballRox.com

<http://www.baseballrox.com>

### Club MLB

<http://web.clubmlb.com>

### ESPN

<http://espn.go.com>

**Exploratorium: Sport Science**

<http://www.exploratorium.edu/sports>

**Hockey Hall of Fame**

<http://www.hhof.com>

**International Olympic Committee**

<http://www.olympic.org>

**International Tennis Federation**

<http://www.itftennis.com>

**KidsCamps.com**

<http://www.kidscamps.com>

**KidsRunning.com**

<http://www.kidsrunning.com>

**Major League Baseball**

<http://mlb.mlb.com>

**Major League Soccer**

<http://web.mlsnet.com>

**MyHero: Sports Heroes**

[http://www.myhero.com/sports/sports\\_content.asp](http://www.myhero.com/sports/sports_content.asp)

**Naismith Memorial Basketball Hall of Fame**

<http://www.hoophall.com>

**The National Baseball Hall of Fame & Museum**

<http://web.baseballhalloffame.org>

**National Basketball Association**

<http://www.nba.com>

**National Collegiate Athletic Association**

<http://www.ncaa.org>

**National Football League**

<http://www.nfl.com>

**National Hockey League: Kids**

<http://www.nhl.com/kids>

**National Soccer Hall of Fame**

<http://soccer.convio.net>

**NFLRUSH**

<http://www.nflrush.com>

**PlaySportsTV**

<http://www.playsportstv.com>

**Pro Football Hall of Fame**

<http://www.profootballhof.com>

**The Professional Golfers' Association of America**

<http://www.pga.com>

**Special Olympics**

<http://www.specialolympics.org>

**USA Track & Field**

<http://www.usatf.org>

**Women's National Basketball Association**

<http://www.wnba.com>

**Yahoo!: Kids: Sports**

<http://kids.yahoo.com/sports>

**Yahoo!: Sports**

<http://sports.yahoo.com>



# Index



## A

acrobatic dancers 16  
additional information. *See* “for more information”  
aerobics instructors 21–22  
All-Star Game 101  
*Amadeus* 18  
American Ballet Theatre 18  
American Basketball Association 63  
American Board of Physical Therapy Specialties 46  
American Council on Exercise 23  
American Heart Association 12  
American Physical Therapy Association 45  
American Red Cross  
    athletic trainers 12  
    GuardStart program 39  
    Learn-to-Swim program 40  
    lifeguards 39, 40  
    Lifeguard Training 40  
American Sportscaster Association 63  
Andrieski, Ed 43  
Anson, Cap 82  
AP (Associated Press) 89  
AP Images 43, 56, 100  
art therapists 52  
assistant coaches 66–67  
athlete coaches 66  
athletes 5–10

athletic trainers 11–15

## B

ballroom dancers 16  
Baze, Russell 34  
Bird, Sue 8  
book sportswriters 90  
Bushey, Tom 14

## C

camp counselors 47, 49  
camp directors 47, 49  
The Canadian Press 100  
Carr, Rob 56  
*Chicago* (movie) 17  
Chicago White Sox 102  
choreographers 16  
Conlan, Jocko 102  
Costas, Bob 63  
Cousins, Derryl 101  
cruise directors 48  
Cruise Services International 49

## D

Daemmrigh, Bob 22  
dance directors 17  
dance masters 17  
dancers 16–20  
dance therapists 52  
daredevils 95  
Department of Labor. *See* U.S. Department of Labor  
“Did You Know?”

- athletes 7
- athletic trainers 13
- fitness experts 23
- lifeguards 40
- physical therapists 45
- sports physicians 78
- sportswriters 91
- umpires 103
- directors 94

## E

- earnings
  - athletes 8, 10
  - athletic trainers 14–15
  - dancers 17, 19
  - fitness experts 25
  - generally 3
  - groundsmanagers and  
groundskeepers 30–31
  - jockeys 36
  - lifeguards 41
  - physical therapists 46
  - physical therapy assistants  
44
  - recreational therapists 54
  - recreation workers 49
  - sports agents 58
  - sports broadcasters and  
announcers 65
  - sports coaches 69
  - sports photographers  
74–75
  - sports physicians 79
  - sports scouts 84
  - sports statisticians 88
  - sportswriters 91–92
  - stunt performers 96
  - umpires and referees  
102–103
- education and training
  - athletes 7

- athletic trainers 13
- dancers 17
- fitness experts 24–25
- generally 2–3
- groundsmanagers and  
groundskeepers 30
- jockeys 36
- physical therapists 45–46
- recreational therapists  
53–54
- recreation workers 48–49
- sports agents 57
- sports broadcasters and  
announcers 64
- sports coaches 68
- sports photographers 74
- sports physicians 78–79
- sports scouts 84
- sports statisticians 87
- sportswriters 90–91
- stunt performers 94–95
- umpires and referees 102
- Eight Jelly Rolls* 18
- emcees 61
- employment outlook
  - athletes 10
  - athletic trainers 15
  - dancers 19
  - fitness experts 25–26
  - generally 3–4
  - jockeys 37
  - lifeguards 41
  - physical therapists 46
  - recreational therapists 54
  - recreation workers 49
  - sports agents 58–59
  - sports broadcasters and  
announcers 65
  - sports coaches 70–71
  - sports photographers 75
  - sports physicians 79

- sports scouts 84
- sports statisticians 88
- sportswriters 91
- stunt performers 97
- umpires and referees 104
- ethnic dancers 16
- exploring the field
  - athletes 5
  - athletic trainers 12
  - dancers 17
  - fitness experts 21
  - groundsmanagers and groundskeepers 27
  - jockeys 32
  - lifeguards 39
  - physical therapists 42
  - recreational therapists 51
  - recreation workers 47
  - sports agents 55
  - sports broadcasters and announcers 62
  - sports coaches 68
  - sports photographers 72
  - sports physicians 76
  - sports scouts 81
  - sports statisticians 85
  - stunt performers 93
  - umpires and referees 99
- "Extras" 4

## F

- facts ("Did You Know?"). *See* "Did You Know?"
- "Fire Proof Lady" 96
- fitness experts 21–26
- fitness trainers 23
- folk dancers 16
- Footloose* (movie) 17
- "For More Info"
  - athletes 10
  - athletic trainers 13
  - dancers 19

- fitness experts 23
- generally 4
- groundsmanagers and groundskeepers 28
- jockeys 36
- lifeguards 41
- physical therapists 46
- recreational therapists 53
- recreation workers 49
- sports agents 58
- sports broadcasters and announcers 63, 64
- sports coaches 70
- sports photographers 75
- sports physicians 79
- sports scouts 83
- sports statisticians 87
- sportswriters 91
- stunt performers 97
- umpires 104

*42nd Street* (movie) 17

4-H Clubs 32

## G

- general practitioners 76
- Girardelli, Signora Josephine 96
- golf course superintendents 29
- Golf Course Superintendents Association of America 29, 31
- Green Bay Packers 69
- Greenberg, Jeff 61
- groundsmanagers and groundskeepers 27–31

## H

- Hair* 18
- Hayward, Jonathan 100
- head coaches 66
- horses, names for 33
- horticultural therapists 52
- Houdini, Bess 96
- Houdini, Harry 95, 96

**I**

IDEA Health and Fitness Association 25  
 The Image Works 14, 22, 61, 67  
 information, additional. *See* “for more information”  
 Internet sportswriters 90

**J**

James, LeBron 58  
 jazz dancers 16  
 jockeys 32–37  
 Joffrey Ballet 18

**L**

Labor Department. *See* U.S. Department of Labor  
 Lawson, Kam 9  
 lifeguards 38–41  
 linesmen 98  
 Lombardi, Vince 69

**M**

magazine sportswriters 90  
 Major League Baseball 6–7, 63, 101  
     Umpire Development Program 102–103  
 Major League Scouting Bureau 81, 84  
 Major League Soccer 6  
 modern dancers 16  
 music therapists 52  
 Mutombo, Dikembe 8

**N**

National Athletic Trainers' Association 13  
 National Baseball Hall of Fame 82, 102  
     Veterans Committee 102

National Basketball Association (NBA) 6, 8, 63  
 National Football League (NFL) 10, 63, 69, 104  
 National Hockey League 6, 75  
 National Junior Horticultural Association 26  
 National Sportscaster of the Year 63  
 National Sportscasters and Sportswriters Association 63  
 NBA. *See* National Basketball Association (NBA)  
 newspaper sportswriters 90  
 NFL. *See* National Football League (NFL)

**O**

official scorers 85  
 Olympics 63  
 Ormsby, Red 102  
 orthopedic surgeons 76  
 Ozier, Ellen 77

**P**

Paralysis Project of America 34  
 Paul Taylor Dance Company 18  
 personal trainers 21, 23  
 physical therapists 42–46  
 physical therapy assistants 44  
 Pincay, Laffit, Jr. 34  
 professional athletes 5–10  
*Push Comes to Shove* 18

**R**

radio sportscasters 60  
 Radio-Television News Directors Association (RTNDA) 65  
 recreational therapists 51–54  
 recreation center directors 47  
 recreation leaders 47

recreation supervisors 47  
 recreation workers 47–50  
 Red Cross. *See* American Red Cross  
 referees 98–104  
 rehearsal directors 17  
 Reuters 89  
 Reuters/Corbis 77  
 Ricardo, Jorge 34  
 rules for major sports teams 99

## S

SAG. *See* Screen Actor's Guild (SAG)  
 Scott, Samuel Gilbert 95  
 Screen Actor's Guild (SAG) 96, 97  
 screenwriters 94  
 Seattle Storm 9  
 Shapiro, Ron 56  
 Sha Tin Racetrack (Hong Kong) 35  
 Shoemaker, Willie 34  
*Singin' in the Rain* 17, 18  
 ski resort workers 48  
 social directors 48  
 Spirits of St. Louis 63  
 sports agents 55–59  
 sports anchors 60–65  
 sports broadcasters and announcers 60–65  
 sportscasters 60–65  
 sports coaches 66–71  
 sports leagues. *See* Major League Baseball; Major League Soccer; National Basketball Association; National Football League; National Hockey League; Women's National Basketball Association  
 sports photographers 72–75

sports physicians 76–80  
 sports scouts 81–84  
 sports statisticians 85–88  
 sportswriters 89–92  
 stadium announcers 60–61  
*Stayin' Alive* (movie) 17  
 stringers 89  
 stunt coordinators 94  
 stunt performers 93–97  
 success, qualities for  
   athletic trainers 15  
   fitness experts 23  
   recreation workers 49  
   sports agents 58  
   sports coaches 69  
   sports statisticians 86  
   sportswriters 90  
 swimming education, standard for 40

## T

tap dancers 16  
 Taylor, Annie 96  
 television sportscasters 60  
 Tharp, Twyla 18  
 therapeutic recreation specialists 51–54  
 top 25 athletes of 20th century 7

## U

Umpire Development Program 102–103  
 umpires and referees 98–104  
 United Stuntmen's Association 95  
   International Stunt School 94  
 UPI (United Press International) 89  
 U.S. Department of Labor 4



athletic trainers 14  
dancers 17, 19  
fitness experts 25  
lifeguards 41  
physical therapists 46  
recreational therapists 54  
recreation workers 49  
sports coaches 69, 70  
sports photographers 75  
sports physicians 79  
sportswriters 91  
U.S. Lifesaving Association 39, 40  
U.S. Ocean Safety 39

**V**

vocabulary. *See* words to learn

**W**

Warmowski, Steve 67  
Washington Redskins 69  
Waterloo Bridge 95  
Williams, Venus 58  
“The Winder Rider of the World” 96

Wirth, May 96  
WNBA. *See* Women’s National Basketball Association (WNBA)  
Women’s National Basketball Association (WNBA) 6, 7  
words to learn  
    dancers 18  
    jockeys 25  
    sports agents 57  
    sports physicians 78  
    sports statisticians 86  
World Series 101  
World Sports Humanitarian Hall of Fame 8

**Y**

YMCA/YWCA  
    athletes 5  
    athletic trainers 12  
    fitness experts 21, 25  
    lifeguards 40  
Young, Cy 82  
Yu, Vincent 35